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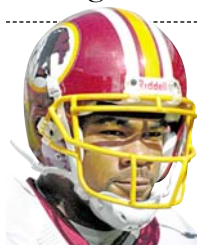
Tuesday



Moshe Holtzberg, 2, lost his parents in the attacks.

'Unstoppable': Mourning Mumbai seeks normalcy | **7**

Bush Reflects: Errant Iraq intelligence is biggest regret | **6**



Hard Times: Redskins need a run to make the playoffs | **23**

ENTERTAINMENT

Too Tame: Britney Spears' 'Circus' is hardly the greatest show on Earth. Plus, music from Neil Young and Akon.

>> 13-18



CHANGE OF DIRECTION

UNVEILED: OBAMA'S SECURITY TEAM MARKS MOVE TO CENTER | **3**



Floods Bring Venice to a Halt

KNEE-DEEP: People waded through high water in Venice's St. Mark's Square Monday. The highest tide in 20 years brought Venice to a virtual halt, rekindling a debate over a plan to build moveable flood barriers to protect the lagoon city from high tides. Even the gondolas were idled because their boarding platforms were underwater, forcing residents and tourists to walk through the water.

Recession Officially Declared

Group confirms country's downturn began in 2007

WASHINGTON | Most Americans sorely knew it already, but now it's official: The country is in a recession, and it's getting worse. Wall Street convulsed at the news, tanking nearly 680 points.

With the economic pain likely to stretch well into 2009, Federal Reserve Chairman Ben Bernanke said Monday he stands ready to lower interest rates yet again and to explore other rescue or revival measures.

Rushing in reinforcements, Treasury Secretary Henry Paulson — who along with Bernanke has been leading the efforts to stem the worst financial crisis since the 1930s — pledged to take all the steps he can in the waning days of the Bush administration to provide relief. House Speaker Nancy Pelosi, D-Calif., vowed to have a massive economic stimulus package ready on Inauguration Day for President-elect Barack Obama's signature.

At the heart of the gloom was the National Bureau of Economic Research, a group of academic economists, declaring Monday that the United States has been suffering through a recession since December 2007, the country's second during President Bush's eight years in office. (AP)



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TUESDAY
50 | 33



WEDNESDAY
48 | 36



THURSDAY
51 | 31

TODAY: Partly sunny, breezy and chilly with a clear, cool evening | **38**

eyeOpeners



INSPIRATION
Billy Corgan Attended Event in Late 1987
What is the sound that a falling pumpkin makes when it hits the ground? Hundreds of people know the answer on Long Island. They paid \$9 for admission to a “smashing pumpkins” event at the Cradle of Aviation Museum in Garden City, N.Y. The crowd cheered Friday as several hundred overripe pumpkins were dropped from a second-story balcony to burst and splatter in a moist explosion of seeds and pulp. The largest weighed several hundred pounds. The pumpkins were donated by a local nursery and will be reused as compost. (AP)


HINT, HINT
D.C. Metro Riders Demand Same System
People late for school or work because of New York City subway delays can get notes from the transit agency to give to their teachers or bosses. The New York City Transit division says it gives passengers the notes so they can prove they’re not lying about being delayed while riding the subway. Passengers request the delay verification letters over the phone. N.Y.C. Transit verifies the date and time of the delay and sends an official note in the mail in one or two weeks. It mails 34,000 notes a year. Each letter shows the subway line taken and the duration of the trip and the delay. (AP)



JOHN TUMLACKI/THE BOSTON GLOBE/AP

DEDICATION
Cheers (and Beers) in Heaven
Lifelong Red Sox fans can now take their love of the team to the next level — eternity. A Massachusetts funeral home recently received the first Red Sox casket, which features the team logo on the exterior and on the inside. The casket is manufactured by Eternal Image of Michigan, which has a licensing agreement with Major League Baseball. Bob Biggins, co-director of Magoun-Biggins Funeral Home in Rockland, tells the Boston Globe families in mourning often want their loved ones buried with their favorite items. In the past, that’s included Red Sox paraphernalia; the casket takes it a step further. (AP)




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NOW THAT'S TIRED: Arkansas sheriff's deputies have arrested a man they say needed an extra boost with his morning coffee. Deputies say they saw the man take a sniff of a white substance, which turned out to be cocaine, before going inside a Starbucks last week.

Nation

In Brief



Police officers search the crime scene Monday at the Dadeland Mall in Miami.

MIAMI

Armored Truck Driver Killed At Store in Shopping Mall

Police were searching for two gunmen Monday after an armored truck guard was fatally shot at a suburban Miami mall. Police have not released a motive for the shooting inside the Express clothing store at the Dadeland Mall. Witnesses said they heard numerous gunshots and described shoppers screaming and running. The guard was airlifted and pronounced dead at a Miami hospital. (AP)

CHICAGO

Hudson's Estranged In-Law Arrested in Family Slayings

Police arrested the estranged brother-in-law of Jennifer Hudson on Monday in the deaths of the entertainer's mother, brother and young nephew. William Balfour was arrested at Stateville Correctional Center and released to detectives as he awaited formal charges in the shooting deaths of the singer's relatives, police said. (AP)



President-elect Barack Obama wants Sen. Hillary Rodham Clinton and retired Marine Gen. James Jones on his security team.

Obama Announces Picks

President-elect expects vigorous debate from national security team

CHICAGO | President-elect Barack Obama announced a national security team Monday headed by New York Sen. Hillary Rodham Clinton, who fought him long and bitterly for the presidency, and Robert Gates, the man who has been running two wars for President Bush — striking choices by a president-elect who

“I’m a strong believer in strong personalities and strong opinions.”

PRESIDENT-ELECT BARACK OBAMA

declared he wanted “strong personalities and strong opinions.”

While the team may be a bit

more centrist — some war opponents might even say hawkish — than many Obama supporters might prefer, he said he still thinks 16 months is “the right time frame” for pulling most U.S. combat troops from Iraq. He added, as he often did in the presidential campaign’s closing months, that he would consult with military commanders before setting a firm timetable.

Clinton, as secretary of state, and Gates, remaining as defense secretary, will be the most prominent faces in the new administration’s effort to revamp U.S. policy.

Obama also tapped top advisers Eric Holder as attorney general and Susan Rice as ambassador to the United Nations. He named Arizona Gov. Janet Napolitano to be homeland security secretary and retired Marine Gen. James Jones as White House national security adviser.

The choices had been telegraphed days earlier but were remarkable all the same — still another major turn in Clinton’s extraordinary career, a show of faith in Gates and action to support Obama’s frequent talk of desiring robust debate among seasoned people in his inner circle.

Denouncing White House “group think,” Obama signaled a break from Bush’s tendency toward an insular management style.

“I assembled this team because I’m a strong believer in strong personalities and strong opinions,” he said. “I think that’s how the best decisions are made. ... So, I’m going to be welcoming a vigorous debate inside the White House.”

“But understand I will be setting policy as president,” he added. He said he will be responsible for “the vision that this team carries out, and I expect them to implement that vision once decisions are made.”

Quoting Harry S. Truman, Obama said: “The buck will stop with me.” LIZ SIDOTI (AP)

The road ahead: Hillary Clinton may be the biggest celebrity to hold the top job at Foggy Bottom, but her success is far from guaranteed | **Today’s Post, A Section**

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Nation

Trampled Wal-Mart Worker Was a Big Man

MINEOLA, N.Y. | A worker trampled to death when hundreds of customers stormed into a Wal-Mart for "Black Friday" bargains had no experience in crowd control and was placed at the entrance of the store because of his 270-pound frame, police and a lawyer said Monday.

The details about the deadly shopping stampede came out as police pored over video surveillance provided by the store. Nassau County Police Commissioner Lawrence Mulvey noted that the worker, Jdimytai Damour, was 6-foot-5 and 270 pounds, making the trampling all the more stunning. He was killed when a crowd estimated at 2,000 broke down the doors.

Mulvey said an autopsy found Damour, 34, died of asphyxiation



Wal-Mart employee Jdimytai Damour was killed at this store in N.Y. on Friday.

related to his trampling, and he conceded that it would be difficult to file criminal charges against any of the shoppers. Attorney Jordan Hecht, who represents Damour's three sisters, said Damour had been working at the Wal-Mart only about a week and was hired through a temporary staffing agency. (AP)



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Federal contractors and subcontractors will be required to use E-Verify starting January 15, 2009 to verify their employees' eligibility to legally work in the United States. The new rule implements Executive Order 12989 directing federal agencies to require that federal contractors agree to electronically verify the employment eligibility of their employees.

What is E-Verify?

E-Verify is a **free** Internet-based system that gives federal contractors the ability to confirm the legal working status of their employees in seconds. E-Verify is a partnership between the Department of Homeland Security (DHS) and the Social Security Administration (SSA). E-Verify works by allowing participating employers to electronically compare employee information taken from the Form I-9 (the paper-based employee eligibility verification form used for all new hires) against more than 425 million records in SSA's database and more than 60 million records in DHS immigration databases. More than 90,000 employers use E-Verify and 1,000 new employers are joining the program each week.

Who should attend?

Federal Contractors, employers, business owners, human resource specialists, payroll administrators and others who want to learn more about E-Verify. A live demonstration of the E-Verify system and a question and answer segment will allow participants to receive a full understanding of the program and key features.

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Nation

20

The percentage of college-age Americans who suffer from a personality disorder that interferes with everyday life, according to an extensive study in which 5,000 people were interviewed.

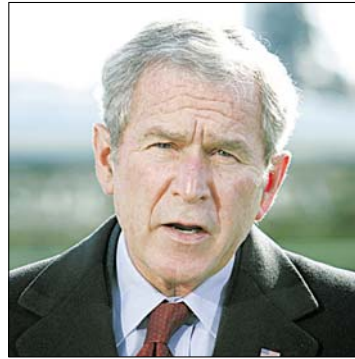
Bush Opens Up in Interview

President: Mistaken Iraq intelligence is his biggest regret in office

WASHINGTON | With the end of his second term fast approaching, a reflective President Bush expressed remorse that the global financial crisis has cost jobs and harmed retirement accounts in a wide-ranging interview with ABC.

"I'm sorry it's happening, of course," Bush said on ABC's "World News," which was airing Monday. "Obviously, I don't like the idea of people losing jobs, or being worried about their 401(k)s. On the other hand, the American people [have] got to know that we will safeguard the system."

On the war in Iraq, Bush said the biggest regret of his presidency was the "intelligence failure" regard-



EVAN VUCCI/AP

President Bush said he's "sorry" the economic crisis is hurting Americans.

ing the extent of Saddam Hussein's threat to the United States.

"A lot of people put their reputations on the line and said the weapons of mass destruction is a reason to remove Saddam Hussein," he said. "That's not a do-over, but I wish the intelligence had been dif-

ferent, I guess."

When asked whether he would have ordered the U.S.-led invasion if intelligence reports had accurately indicated that Saddam did not have the weapons, Bush replied: "You know, that's an interesting question. That is a do-over that I can't do. It's hard for me to speculate."

On the presidential election, Bush called President-elect Barack Obama's victory a "repudiation of Republicans."

"I'm sure some people voted for Barack Obama because of me," Bush said. "I think most people voted for Barack Obama because they decided they wanted him to be in their living room for the next four years explaining policy. In other words, they made a conscious choice to put him in as president."

DEB RIECHMANN (AP)

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"This is a time for absolute transparency and for letting the evidence lead where it may." — **Condoleezza Rice**, secretary of state, on last week's attacks in Mumbai, India. She said she wouldn't "jump to conclusions" about whether Pakistan was involved.

World

Mumbai Tries to Regain Normalcy

India demands 'strong action' by Pakistan vs. those who led attacks

MUMBAI, INDIA | Though scarred and traumatized by last week's terrorist attacks, this crowded, hyperactive city of 18 million cannot stay shut down for long.

Schools and businesses reopened Monday in Mumbai as residents struggled to come to terms with the bloodshed.

"Mumbai is always like that. You can't stop Mumbai," said Vijay Raghav, a 25-year-old systems manager. "Had it happened in any other city in India, people would have shut down for two weeks at least. But Mumbai is unstoppable."

As Mumbai returned to normal to some degree, India demanded that Pakistan take "strong action"



People board trains at the Churchgate train station in Mumbai, India, on Monday as the city's residents struggled to return to daily life after last week's terror attacks.

against those behind the deadly attacks, and Washington pressured Islamabad to cooperate with the investigation.

The only known surviving

attacker told police that his group trained for months in camps operated by a banned Pakistani militant group, learning close-combat techniques, explosives training

and other tactics for their three-day siege.

Teams from the FBI and Britain's Scotland Yard met with top Indian police as they prepared to help collect evidence, a police official said.

Soldiers removed the remaining bodies from the shattered Taj Mahal hotel, where the standoff finally ended Saturday morning, with at least 172 people dead and 239 wounded. The army had already cleared other siege sites, including the five-star Oberoi hotel and the Mumbai headquarters of an ultra-Orthodox Jewish group.

The mourning was not over, however. The curb outside Leopold Cafe and Bar, one of the 10 attack sites, dripped with wax from flickering memorial candles. The cafe reopened in the late afternoon and was soon packed. RAVI NESSMAN (AP)



Moshe Holtzberg, 2, cries at a memorial for his parents in Mumbai on Monday.

Terror Victims' Son Leaves India

JERUSALEM | The cries of little Moshe Holtzberg wounded hearts Monday at a tearful memorial for his parents in India. "Mommy!" he wailed, clutching a toy basketball while in the arms of mourners at the Mumbai synagogue.

Then the toddler and the caretaker who rescued him from the terrorist attack boarded a jet along with the bodies of his parents and four other Jews slain at the Chabad House to fly to Israel — a place the 2-year-old had never seen.

The wrenching scene at the service played on Israeli television as government officials prepared for a ceremony to receive the victims.

Moshe's father, Rabbi Gavriel Noach Holtzberg, 29, and mother, Rivka, 28, ran the headquarters of the ultra-Orthodox Chabad Lubavitch movement in Mumbai.

Moshe was spirited out of Chabad House on Thursday by Sandra Samuel, a nanny who found him crying beside his parents' bodies, his pants drenched in blood. MARK LAVIE (AP)

Thailand's PM Avoids Airport Chaos

Explosion in capital injures 13 protesters; crisis drains economy

BANGKOK, THAILAND | Thailand's prime minister stayed away from the capital Monday, unable to quell a political crisis that has paralyzed his government for weeks, shut down the city's two main airports and stranded 300,000 foreigners.

Prime Minister Somchai Wong-



sawat has refused to send in police to evict protesters besieging the airports or occupying his office complex for fear of bloodshed, instead pleading for them to go home. The demonstrators vow to stay until Somchai resigns; he has refused.

The months-long crisis has drained millions of dollars from the economy and is worsening divisions

Rescue workers carry a protester who was injured in an explosion in Bangkok.

in Thailand.

Late on Monday, an explosion hit protesters camped outside Bangkok's airport for domestic flights. Mongkut Wattana hospital said 13 people were injured.

On Monday, Somchai went to a Buddhist temple and prayed for the health of King Bhumibol Adulyadej, who will celebrate his 81st birthday Friday. When asked about the crisis, Somchai told reporters: "The authorities are working in line with due process, but we have to depend on police, soldiers and civil servants." He refused to elaborate. VIJAY JOSHI (AP)

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APE OUTREACH: The Year of the Gorilla — a U.N. effort to raise funds for primates threatened with extinction by disease, hunting and deforestation — began Monday. The U.N.-backed Convention on the Conservation of Migratory Species of Wild Animals said it hoped to raise \$630,000 for projects aimed at fighting gorillas' biggest threats.

World

Israel Blocks Gaza-Bound Aid Ship

Navy orders Libyan vessel to obey blockade on impoverished strip

GAZA CITY, GAZA STRIP | An eclectic group — from Hamas officials to a flag-waving scout troop — showed up to greet a Libyan ship planning to flout an Israeli blockade and deliver 3,000 tons of aid to this impoverished seaside strip. But they met only disappointment.

The freighter was turned back Monday by the Israeli navy, ending the first high-profile attempt by an Arab country to break the blockade of Gaza. Analysts said the incident showed that Arab and Muslim nations, while eager to end Gaza's isolation, won't risk military confrontation with Israel.

The Al Marwa was approach-



Palestinians wait to greet a Libyan ship carrying 3,000 tons of aid off the Gaza Strip on Monday. The Israeli navy turned the freighter away before it reached the port.

ing the Gaza coast when an Israeli navy vessel stopped it. The navy vessel ordered the ship by radio to turn back and it complied, said Israeli Foreign Ministry spokesman Yigal Palmor, adding that no force was used.

Israel views control of access to Gaza as a vital security interest, and officials are concerned that shipments could include weapons.

Israel imposed a blockade on Gaza after Hamas seized power last year. The barrier was tightened in recent weeks when Gaza militants resumed firing rockets at Israel.

"The Arab world is not very happy about the siege Israel has imposed on Gaza," said analyst Moshe Maoz of the Hebrew University of Jerusalem. "They can only blame and denounce Israel, but they won't fight." **BEN HUBBARD (AP)**

Series of Blasts Kill 33 in Iraq

BAGHDAD | A suicide bombing tore through a line of recruits waiting to enter a police academy as multiple blasts struck Iraqi security forces Monday, killing at least 33 people and wounding dozens, including four U.S. soldiers and an Iraqi general.

The wave of violence in Baghdad and Mosul occurred as U.S. combat deaths for November dropped to one of the lowest monthly levels of the war: eight.

The bloodiest attack in the capital began when a suicide bomber — apparently a teenage boy — detonated an explosives vest packed with ball-bearings as recruits were lined up at an entrance to the heavily fortified Baghdad police academy.

Within minutes, a car parked about 150 yards away exploded, the U.S. military said. **(AP)**

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Money

Another Day, Another Dive

Stocks fall more than 7 percent on official news of U.S. recession

NEW YORK | The reality that the nation is indeed in recession and that the downturn may well be prolonged sent Wall Street plunging Monday, hurtling the Dow Jones industrials down nearly 700 points and wiping out more than half of last week's big gains. All the major indicators fell more than 7 percent, with the Standard & Poor's 500 index down nearly 9 percent.

The market spent the day absorbing a litany of bad news that convinced investors that the optimism that fed a 1,276-point gain over five sessions was premature. Stocks first slid on initial reports that the first weekend of the holiday shopping sea-



RICHARD DREW/AP

New York Stock Exchange traders were rocked by bad economic news Monday.

son, while better than some retailers and analysts feared, saw only modest gains. That had Wall Street worried that the rest of the season would be disastrous, a troubling possibility not only for retailers but also for an economy that is dependent on consumer spending.

Meanwhile, downbeat economic reports on the manufacturing sector and construction spending only added to investors' concerns.

The day's news reminded investors that the economy is still in serious trouble. Then, at midday, Wall Street got confirmation of what everyone has suspected for months: the nation is indeed in a recession. The National Bureau of Economic Research said the U.S. recession had begun a year ago, in December 2007.

That assessment made the retail sales figures all the more unnerving.

"Everyone knows the recession is on us. The question is now will it be short and shallow or long and severe?" said Mike Stanfield, chief executive of VSR Financial Services. (AP)

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CONVENIENT CARDS: Maryland residents filing for unemployment insurance benefits will now receive their payments on prepaid debit cards. Officials say the cards will allow people who rely on check-cashing services to avoid paying costly fees.

Local

WASHINGTON | WORLD AIDS DAY PROTEST



HOUSING HELP: More than 100 people march on World AIDS Day from North Capitol Street to the Housing and Urban Development offices on First Street NE to protest a lack of affordable housing for HIV/AIDS victims.

'Purple Line' Class Divide

Proposed transit line across Md. counties highlights tensions

SILVER SPRING, MD. | Advocates of a proposed transit line between Bethesda and New Carrollton say the debate over the project has underscored the tension of a growing class divide.

The 16-mile transit link dubbed the "Purple Line" would be either a rapid bus line or a light-rail line. It's projected to attract up to 68,100 riders daily.

Supporters say the line would be an economic boon for lower-income residents to the east in Prince George's County, allowing them

OPPOSITION PLAN

→ Critics say they're against the line because of flaws in the Maryland Transit Administration's analysis and because the project could cost \$1.6 billion.

→ Leaders in Chevy Chase are receiving pro bono help from a D.C. law firm and are paying a New York consultant \$400,000 to analyze the state's plans.

access to jobs and development projects. They say opposition to the plan is rooted in elitism, with those in the wealthier western suburbs of Montgomery County not wanting to be linked to poorer areas.

"I think almost anyone you talk

to who is paying attention would think race and class, as represented by the split between the two counties, is in play," said Peter A. Shapiro, a former Prince George's County Council member. "It's the smelly fish under the table — everyone knows it's there, but not everyone is talking about it openly."

Katrina Dodro, a New Carrollton City Council member, said the only criticism she hears is from Chevy Chase, where, she thinks, some people might want to preserve more than trees and a hiking trail.

"This is just a fight for them to keep people out, like they don't want to bring 'that element' in," Dodro said. "People in Prince George's want access to those jobs." (AP)

The Lotteries

Monday, Dec. 1

DISTRICT	
Mid-day Lucky Numbers	0-4-0
Mid-day DC 4	0-3-2-0
MARYLAND	
Mid-day Pick 3	3-8-4
Mid-day Pick 4	9-8-0-0

VIRGINIA

Mid-day Pick 3	3-0-1
Evening Pick 3 (Sun.)	9-0-2
Mid-day Pick 4	1-4-4-0
Evening Pick 4 (Sun.)	3-0-6-5
Mid-day Cash 5	11-21-25-26-30
Evening Cash 5 (Sun.)	2-7-8-22-28

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

D.C. GOP Petitions Brown Election

WASHINGTON | D.C.'s Republican Party has filed a petition challenging the election of Michael Brown as an independent member of the city council. The petition filed Monday with the D.C. Court of Appeals

comes a week after the D.C. elections board certified Brown's election over the party's objections.

Brown was elected as an independent, but the GOP claims he is a Democrat and his election violates

a law preventing the four at-large council members from belonging to a single party.

D.C. Republican Committee Chairman Robert Kabel says the legal challenge is about preventing one party from monopolizing the city's government. (AP)

Mom's Health Research Study

A Market Research firm in Bethesda, MD is seeking women ages 21-45 who are First-time mothers of babies under 2 years of age. We are also seeking women who are pregnant with their first child, and are due by April of 2009. We are looking for your opinions. There will be no sales efforts involved. If you qualify for the study, you will participate in an interview, and you will be paid for your time.

**The study is being held on
Monday, December 8.
Please call Lucy at 301-215-7248.**



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www.stcoletta.org

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This research study is being conducted at Chevy Chase Clinical Research. All studies are conducted in accordance with an approved protocol, clinical study conduct guidelines, regulations and ethical principles. Participant confidentiality is strictly adhered to and all participation is strictly voluntary.

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THE BIG THREE: "Slumdog Millionaire" snared a trio of awards Sunday at the British Independent Film Awards, including best independent film. Danny Boyle got the best director nod, and Dev Patel, pictured, picked up the most promising newcomer award.

Entertainment



WOMAN OF ONE HAT: We had hoped for a surprise, but "Circus" is more of the same. Hey, at least she was able to record it.

Toxic Big Top

Britney Spears plays her synth-pop self on the mediocre 'Circus'

MUSIC | Can someone give Jamie Spears an award? The man should be named father of the year just for the clean-up he's forced his daughter Britney to undergo these past few months. With the latest cover of Rolling Stone under her belt,

Spears looks almost back to normal — at least, that's what those abs would suggest.

Her new album, "Circus," is also a return to the predictable Britney we remember from the days of yore.

The disc — which drops today, on the former princess of pop's 27th birthday — is another foray into electronica-packed pop, similar to last year's "Blackout" in prac-

TO WATCH Britney Spears' steamy video for "Womanizer," visit Expressnightout.com.

tically every way. There are the up-tempo club songs ("Womanizer," "Circus"); the ballads ("Out From Under," "Unusual You") and those that fall somewhere in between ("Lace and Leather," "Shattered Glass").

And none of them is particularly great.

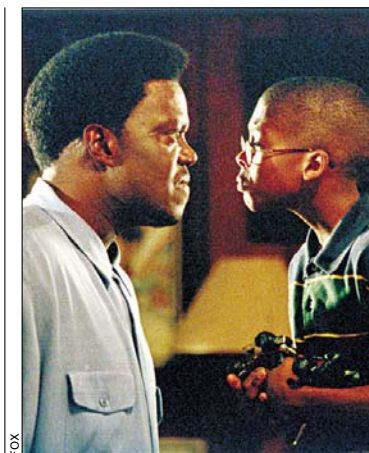
But considering that Spears spent most of the year demonstrating her fondness for Cheetos, weaves and the paparazzi, it's kind of impressive "Circus" came out at all.

The album starts off with "Womanizer," Spears' comeback track that's infectiously, infuriatingly catchy. It's a sped-up slice of synth-pop, a pointed kiss-off to ex-husband Kevin Federline as sung by a robotic, "Toxic"-like Spears. Though the chorus is little more than countless repetitions of the words "womanizer" and "you," the track is the one that harkens most back to Spears' sassy-not-crazy days, even if it has to employ a lot of electronic wizardry to do it.

From there, the album's tracks veer from passable to mediocre. The next single, "Circus," is similarly up-tempo and club-ready — even though it sounds like T-Pain's "Ring-leader," with lyrics such as "When I crack that whip, everybody gonna trip/Just like a circus."

But the proceedings start to drag with "Out From Under," a song presumably about the relationship between Spears and Federline. Although the lyrics seem genuine enough, Spears' weak voice can't carry the ballad.

Overall, the album is impressive in that it's a complete set of 12 tracks that delve into different content matter and song styles, but as a whole, Spears still plays it safe — and although that's probably what Papa Spears wanted, a little risk could have gone a long way. **ROXANA HADADI**



Bernie Mac's clan was the last black family to be featured on network TV.

TV's True Colors Revealed

For black families, there is nothing on the tube to relate to

HOMOGENEOUS | Long before he set out for the White House, Barack Obama sought to adjust the colors on America's TV sets.

Four years ago, Obama challenged the television industry to live up to its responsibility as the country's "most powerful media" and accurately reflect the United States' population. "TV ought to reflect the reality of America's diversity and should do so with pride and dignity, not with stereotypes," he told the Academy of Television Arts & Sciences.

But as Obama prepares to move into the White House in January, he and his family will be hard-pressed to find blacks like themselves represented on any of the major networks — ABC, NBC, CBS or Fox.

Although the networks' prime-time slates are packed with more than a dozen comedies and dramas revolving around family life or involve characters who are related, almost all of them have predominantly white casts. A black family has not anchored a network series since "The Bernie Mac Show" left Fox in 2006. **GREG BRAXTON** (LOS ANGELES TIMES)

Just the Man and His Guitar

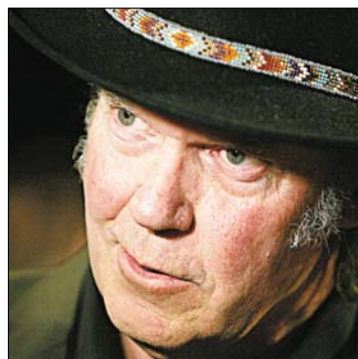
Neil Young's youthful acoustics strike a chord on a live album

MUSIC | Neil Young has always seemed most comfortable with just an acoustic guitar. "Sugar Mountain: Live at the Canterbury House 1968," the third release in Young's "Performance Archive" series, is an entirely intimate and acoustic affair. And like "Live at Massey Hall 1971" before it, "Sugar Mountain" has a

WATCH CLIPS from the "Sugar Mountain" performance at Expressnightout.com

bit of mystique to it.

Where "Massey Hall" was basically "Harvest" live, "Sugar Mountain" could have been the introduction to Young the solo artist — five songs come from his self-titled solo debut, and it was recorded two days before "Neil Young's" release. Meanwhile, "Sugar Mountain's" titular song had been available since the 1970s, yet a recording of the full



Young's "Sugar Mountain" is an intimate look at a 22-year-old newcomer.

show had never surfaced.

But now we have "Sugar Mountain" in all its glory — 13 songs recorded over two nights in November 1968. Young was 22 (and fresh off the breakup of Buffalo Springfield) when he played these shows, and he sounds like it.

And while "Massey Hall" may be a better set, it's really a matter of preference. If you're a fan of Buffalo Springfield or Young's first solo disc, there's no reason not to like "Sugar Mountain." **RUDI GREENBERG**

Entertainment



MOSTLY SWEET: The ink's not dry on Madonna's quick divorce from Guy Ritchie, but the pop singer has many new reasons to cheer up. The 50-year-old phenom grossed \$91.5 million on her Sticky & Sweet tour.

Akon's Auto-Tuned Thug Life

A hip-hop star breaks no new ground, but he'll make you dance

MUSIC | Akon has riddled the charts — and the tabloids — since 2004, bringing his Auto-Tuned voice to practically every Top-40 genre. He's also wracked up quite a reputation, though in 2008 the Smoking Gun Web site claimed Akon faked his thug life way to the top by lying about his criminal record and time served in jail, an accusation that the singer denied.

But in 2007, there was an onstage simulated sex act with a 15-year-old at a club in Trinidad

TO READ ABOUT Akon's collaboration with Wyclef Jean, visit Expressnightout.com.

and Tobago, and Akon threw a teenage heckler off the stage at another show. And, finally, in September 2007, Akon told Blender he had five children, three baby mamas and one wife who "has no idea" how old he is; the magazine titled its piece "Who Does Akon Think He Is?"

The answer to that question would probably be offensively egotistical, but with "Freedom," Akon doesn't have much to be proud of — it's throwaway pop at its best. But, it's also incredibly bouncy, danceable and club-ready pop, so it will probably go platinum.



On "Freedom," clubby tracks are plentiful, as is Akon's signature Auto-Tuned voice.

The 13-track album sometimes lacks that sense of excitable energy that should drive pop, but it also has a lot of catchy parts that make up for the absence. The first single, "Right Now (Na Na Na)," sets the tone: Against an enjoyable mid-tempo, synth-heavy background, Akon's voice is the main focus. Though the lyrics aren't anything to rave about — "I wanna make up right now/I wanna make up right now/Wish we never broke up right now/We need to link up right now" — it's the absurd touches that make the song shine, such as the repeat of "na, na" at the end of each line of the chorus.

"Freedom" won't change the pop world in any sense. But, for the most part, it will move your hips — and that's probably all he wanted, anyway. **ROXANA HADADI**

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Adv. Tix on Sale SEVEN POUNDS
Adv. Tix on Sale THE DAY THE EARTH STOOD STILL
BOLT 3D - \$2.50 CHARGE FOR 3D (PG) ★ (150 420) 710 955
BOLT (PG) (1230 115 300 345) 600 635 915
FOUR CHRISTMASSES (PG-13) ★ (1245 230 310 415 535) 720 800 945 1025
TRANSPORTER 3 (PG-13) (245 440 520) 735 815 1010
AUSTRALIA (PG-13) (1230 240 410) 620 750 1000
TWILIGHT (PG-13) (1250 130 350 430) 620 700 740 920 1000 1040
OC & DA: QUANTUM OF SOLACE (PG-13) (410 PM) 930 PM
QUANTUM OF SOLACE (PG-13) (120 220 510) 650 750 1030
ROLE MODELS (R) - ID REQ'D (110 355) 630 905
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (100 400) 645 925
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (155 PM)
SOUL MEN (R) - ID REQ'D 830 PM
CHANGELING (R) - ID REQ'D (300 PM)

KINGSTOWNE STADIUM 16
5910 Kingstowne Towne Center 703-822-4956

Adv. Tix on Sale YES MAN
Adv. Tix on Sale SEVEN POUNDS
Adv. Tix on Sale THE DAY THE EARTH STOOD STILL
FOUR CHRISTMASSES (PG-13) ★ (1240 145 300 415 520) 640 755 910 1020
AUSTRALIA (PG-13) (1200 230 400) 615 805 950
TRANSPORTER 3 (PG-13) (1155 215 450) 730 1005
RW & DA: TWILIGHT (PG-13) (240 PM 540 PM) 845 PM
BOLT (PG) (1205 1255 135 225 330 405 505) 610 650 735 840 955
TWILIGHT (PG-13) (1230 125 320 430) 630 740 920 1025
QUANTUM OF SOLACE (PG-13) (1215 205 250 440 525) 625 720 800 900 1000 1030
ROLE MODELS (R) - ID REQ'D (200 425) 745 1010
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1155 100 220 310 445) 705 925
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) 915 PM

COUNTRYSIDE STADIUM 20
45980 Regal Plaza 800-FANDANGO 394#

Adv. Tix on Sale YES MAN
Adv. Tix on Sale SEVEN POUNDS
Adv. Tix on Sale THE DAY THE EARTH STOOD STILL
FOUR CHRISTMASSES (PG-13) ★ (1220 1250 150 240 320 420 520 550) 640 730 820 900 950
TRANSPORTER 3 (PG-13) (1245 210 350 510) 705 755 930 1035
AUSTRALIA (PG-13) (1130 1240 310 440) 650 830 1020
TWILIGHT (PG-13) (1200 110 200 300 410 500) 610 700 750 920 1010
BOLT (PG) (1150 1230 140 220 250 400 450 530) 720 810 1000
BOLT 3D - \$2.50 CHARGE FOR 3D (PG) ★ (100 330) 630 910
OC & DA: QUANTUM OF SOLACE (PG-13) (340 PM) 850 PM
QUANTUM OF SOLACE (PG-13) (1120 120 430) 620 740 1015
THE BOY IN THE STRIPED PJAMAS (PG-13) (1135 205 445) 710 940
ROLE MODELS (R) - ID REQ'D (1155 315) 625 925
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1215 130 230 415 515) 645 735 905 955
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (1140 AM)
SECRET LIFE OF BEES (PG-13) 800 PM 1030 PM

FOX STADIUM 16
22875 Crawford Plz. Ashburn, VA 703-957-1035

Adv. Tix on Sale YES MAN
Adv. Tix on Sale SEVEN POUNDS
Adv. Tix on Sale THE DAY THE EARTH STOOD STILL
RW & DA: FOUR CHRISTMASSES (PG-13) (1215 230 445) 715 930
AUSTRALIA (PG-13) (1145 1245 315 415) 645 745 1015
TRANSPORTER 3 (PG-13) (1150 215 450) 720 950
FOUR CHRISTMASSES (PG-13) ★ (125 410) 710 940
RW & DA: TWILIGHT (PG-13) (1115 130 345) 615 830
BOLT (PG) (1200 300) 600 900
TWILIGHT (PG-13) (1130 1210 110 210 240 340 440 510) 610 710 740 940 1010
BOLT 3D - \$2.50 CHARGE FOR 3D (PG) ★ (1110 1230 145 330 430) 630 730 910 1010
QUANTUM OF SOLACE (PG-13) (1110 100 200 400 500) 700 800 1000
THE BOY IN THE STRIPED PJAMAS (PG-13) (1120 150 420) 650 920
ROLE MODELS (R) - ID REQ'D (1220 250 520) 750 1020
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1105 120 350) 620 850
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) 840 PM

FAIRFAX TOWNE CENTER 10
4110 W Ox Road 800-FANDANGO 670#

Adv. Tix on Sale THE DAY THE EARTH STOOD STILL
FOUR CHRISTMASSES (PG-13) ★ (100 225 315 440 530) 655 745 915 1000
TWILIGHT - DP (PG-13) (215 PM 515 PM) 815 PM
TWILIGHT (PG-13) (130 300 430) 600 730 900 1030
QUANTUM OF SOLACE (PG-13) (145 235 425 510) 605 700 750 840 945 1025
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1255 215 345 435) 610 715 835 930
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (1250 PM 325 PM)

MANASSAS STADIUM 14
11380 Bulloch Drive 800-FANDANGO 490#

Adv. Tix on Sale YES MAN
Adv. Tix on Sale SEVEN POUNDS
Adv. Tix on Sale THE DAY THE EARTH STOOD STILL
FOUR CHRISTMASSES (PG-13) ★ (1245 130 345 445) 630 730 845 945
AUSTRALIA (PG-13) (1145 215 315) 600 700 930 1030
TRANSPORTER 3 (PG-13) (1130 245 530) 800 1045
TWILIGHT (PG-13) (1215 115 200 300 400 515) 615 715 815 900 1000 1100
BOLT (PG) (100 145 330 415) 645 745 915
BOLT 3D - \$2.50 CHARGE FOR 3D (PG) ★ (1200 230 500) 830
QUANTUM OF SOLACE (PG-13) (1220 120 310 410) 610 710 910 1010
ROLE MODELS (R) - ID REQ'D 1020 PM
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1240 420) 720 950
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) (1115 AM)



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Eisenhower Ave and Telegraph Road in Alexandria
703-998-4AMC

IMAX MADAGASCAR: ESCAPE 2 AFRICA:
THE IMAX EXPERIENCE (PG)
3:00, 5:20, 7:45, 10:05

DIGITAL 3D

BOLT IN DISNEY DIGITAL 3D (PG) 3:40, 6:30, 9:20

AUSTRALIA (PG13) 1:15, 3:30, 5:05, 7:25, 8:40
FOUR CHRISTMASSES (PG13) 1:30, 2:25, 4:35, 5:15, 7:15, 7:50, 9:35, 10:15

TRANSPORTER 3 (PG13) 1:05, 1:45, 4:00, 4:30, 7:05, 7:35, 9:40, 10:10

BOLT (PG) 1:25, 2:05, 2:50, 4:10, 5:00, 5:40, 7:00, 7:30, 8:30, 9:55
THE BOY IN THE STRIPED PAJAMAS (PG13) 1:50, 4:15, 6:55, 9:35

TWILIGHT (PG13) 1:20, 2:15, 2:55, 3:25, 4:20, 5:30, 6:10, 6:40, 7:20, 8:45, 9:15, 10:00

QUANTUM OF SOLACE (PG13) 1:40, 4:40, 7:40, 8:10, 10:15

QUANTUM OF SOLACE (PG13) 1:00, 4:05, 7:10, 9:45

MADAGASCAR: ESCAPE 2 AFRICA (PG) 1:10, 3:30, 5:50

ROLE MODELS (R) 3:05, 5:35, 8:00

SOUL MEN (R) 1:35, 4:25, 7:00, 9:30

HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) 1:55, 4:55

AMC SELECT

CHANGELING (R) 9:50 PM

THE SECRET LIFE OF BEES (PG13) 8:15

AMC COLUMBIA MALL 14

10300 Patuxent Parkway
1 (888) AMC-4FUN

IMAX MADAGASCAR: ESCAPE 2 AFRICA:
THE IMAX EXPERIENCE (PG)
2:00, 4:30, 7:10, 9:30

AUSTRALIA (PG13) 12:00, 3:20, 7:00, 10:20

FOUR CHRISTMASSES (PG13) 1:05, 3:20, 5:45, 8:30, 11:00

TRANSPORTER 3 (PG13) 12:40, 3:10, 5:40, 8:05, 10:30

BOLT (PG) 1:15, 1:45, 3:40, 4:15, 6:45, 9:10

TWILIGHT (PG13) 1:10, 4:05, 7:15, 10:15

QUANTUM OF SOLACE (PG13) 12:20, 2:10, 3:45, 4:45, 6:30, 7:30, 9:20, 10:00

MADAGASCAR: ESCAPE 2 AFRICA (PG) 12:45, 3:00, 5:30, 8:00, 10:25

ROLE MODELS (R) 1:00, 3:35, 6:20, 8:50

HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) 2:40, 8:20

AMC SELECT

CHANGELING (R) 6:15, 9:30

THE SECRET LIFE OF BEES (PG13) 12:05, 5:40

LOEWS GEORGETOWN 14

3111 K Street, N.W.
202-342-6441

DIGITAL 3D

BOLT IN DISNEY DIGITAL 3D (PG) 1:30, 4:00, 9:50

AUSTRALIA (PG13) 3:30, 7:05, 10:25

FOUR CHRISTMASSES (PG13) 2:35, 4:55, 7:15, 9:40

TRANSPORTER 3 (PG13) 1:50, 4:25, 7:00, 9:35

BOLT (PG) 2:55, 5:25, 7:55, 10:25

TWILIGHT (PG13) 1:00, 1:55, 3:55, 4:50, 6:30, 7:45, 9:30, 10:30

QUANTUM OF SOLACE (PG13) 1:25, 2:05, 2:50, 4:05, 4:45, 5:35, 6:45, 8:15, 10:20

MADAGASCAR: ESCAPE 2 AFRICA (PG) 2:45, 5:15, 7:35, 10:00

MADAGASCAR: ESCAPE 2 AFRICA (PG) 2:45, 5:15, 7:35, 10:00

ROLE MODELS (R) 2:10, 4:40, 7:20, 9:55

ZACK AND MIRI (R) 9:25 PM

AMC SELECT

SLUMDOG MILLIONAIRE (R) 1:05, 2:15, 3:55, 5:05, 6:50, 8:00, 9:45

AMC POTOMAC MILLS 18

2700 Potomac Mills Circle, Ste 886
703-998-4262

IMAX MADAGASCAR: ESCAPE 2 AFRICA:
THE IMAX EXPERIENCE (PG)
2:25, 4:50, 7:15, 9:30

DIGITAL 3D

BOLT IN DISNEY DIGITAL 3D (PG) 2:10, 4:45, 7:20, 9:40

AUSTRALIA (PG13) 1:00, 4:30, 6:25, 8:00, 9:55

FOUR CHRISTMASSES (PG13) 1:55, 2:50, 4:15, 5:15, 6:45, 7:40, 9:15, 10:10

TRANSPORTER 3 (PG13) 1:40, 2:45, 4:25, 5:20, 6:55, 7:45, 9:35, 10:15

BOLT (PG) 1:10, 3:05, 3:40, 5:40, 6:20, 8:05, 8:50

THE BOY IN THE STRIPED PAJAMAS (PG13) 2:15, 4:40, 7:25, 10:05

TWILIGHT (PG13) 1:05, 2:00, 3:00, 4:00, 5:00, 6:00, 7:00, 8:10, 9:00, 10:00

QUANTUM OF SOLACE (PG13) 2:30, 4:05, 5:10, 6:40, 7:50, 10:30

QUANTUM OF SOLACE (PG13) 1:50, 4:35, 7:10, 9:50

MADAGASCAR: ESCAPE 2 AFRICA (PG) 1:45

ROLE MODELS (R) 2:40, 5:05, 7:35, 10:20

SOUL MEN (R) 9:10 PM

HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) 12:55, 3:45

AMC SELECT

CHANGELING (R) 10:30 PM

AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.
703-998-4AMC

TRANSPORTER 3 (PG13) 3:00, 5:20, 7:40

BOLT (PG) 1:50, 2:30, 4:00, 5:00, 6:30, 7:30

HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) 2:00, 7:00

NIGHTS IN RODANTHE (PG13) 4:30

AMC SELECT

CHANGELING (R) 4:10, 7:20

THE SECRET LIFE OF BEES (PG13) 2:10, 4:40, 7:10

THE DUCHESS (PG13) 2:50, 5:30, 8:00

RACHEL GETTING MARRIED (R) 2:20, 5:10, 7:50

MAGIC JOHNSON CAPITAL CENTRE 12

800 Shopper's Way, Largo
301-324-4220

FOUR CHRISTMASSES (PG13) 12:10, 2:40, 5:10, 7:40, 10:00

TRANSPORTER 3 (PG13) 12:10, 2:35, 5:05, 7:35, 9:55

BOLT (PG) 12:20, 1:45, 2:45, 4:10, 5:15, 6:45, 7:45, 9:00, 10:00

TWILIGHT (PG13) 12:15, 1:15, 3:15, 4:15, 6:15, 7:15, 9:15, 10:15

QUANTUM OF SOLACE (PG13) 12:05, 1:30, 2:30, 4:05, 5:00, 6:35, 7:30, 9:05, 10:05

MADAGASCAR: ESCAPE 2 AFRICA (PG) 12:05, 2:15, 4:30, 7:00, 9:30

ROLE MODELS (R) 12:25, 2:50, 5:20, 7:50, 10:15

SOUL MEN (R) 1:20, 4:20, 7:20, 9:50

AMC SELECT

THE SECRET LIFE OF BEES (PG13) 1:10, 4:20, 7:10, 10:10

LOEWS SHIRLINGTON 7

2772 South Randolph
703-671-0910 801

THE BOY IN THE STRIPED PAJAMAS (PG13) 2:30, 5:00, 7:40

I'VE LOVED YOU SO LONG (PG13) 2:10, 4:50, 7:25

AMC SELECT

SLUMDOG MILLIONAIRE (R) 1:45, 2:45, 4:30, 5:25, 7:20, 8:05

HAPPY-GO-LUCKY (R) 2:00, 4:35, 7:15

THE SECRET LIFE OF BEES (PG13) 4:20

THE DUCHESS (PG13) 1:50, 7:00

RACHEL GETTING MARRIED (R) 1:40, 4:25, 7:05

LOEWS UPTOWN 1

3426 Connecticut Avenue N.W.
1-800-FANDANGO #713

QUANTUM OF SOLACE (PG13) 2:45, 5:15, 8:00

AMC TYSONS CORNER 16

7850 Tysons Corner Center
703-998-4262

DIGITAL 3D

BOLT IN DISNEY DIGITAL 3D (PG) 12:45, 3:15, 5:40, 8:05, 10:25

AUSTRALIA (PG13) 12:50, 2:05, 4:10, 5:30, 7:30, 8:55

FOUR CHRISTMASSES (PG13) 12:25, 1:45, 2:45, 4:10, 5:25, 6:25, 7:45, 8:45, 10:00, 11:00

TRANSPORTER 3 (PG13) 12:55, 3:20, 5:45, 8:10, 10:35

BOLT (PG) 1:55, 4:30, 7:00, 9:30

TWILIGHT (PG13) 12:40, 1:40, 2:35, 3:35, 4:35, 5:35, 6:40, 7:35, 8:35, 9:35, 10:30

QUANTUM OF SOLACE (PG13) 12:30, 1:50, 3:00, 4:25, 5:50, 7:10, 8:30, 9:40, 10:40

MADAGASCAR: ESCAPE 2 AFRICA (PG) 1:30, 4:00, 6:20, 8:40

MADAGASCAR: ESCAPE 2 AFRICA (PG) 12:35, 2:55, 5:10, 7:40, 9:55

ROLE MODELS (R) 1:00, 3:25, 5:55, 8:20, 10:55

ZACK AND MIRI (R) 10:45 PM

HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) 1:25

BODY OF LIES (R) 10:50 PM

AMC SELECT

CHANGELING (R) 4:15, 7:25

AMC MAZZA GALLERIE

Jenifer and Wisconsin
202-537-9553

AUSTRALIA (PG13) 3:10, 6:50

FOUR CHRISTMASSES (PG13) 3:20, 5:30, 7:50

TRANSPORTER 3 (PG13) 2:00, 4:30, 7:40

BOLT (PG) 1:40, 2:50, 4:10, 5:30, 8:00

TWILIGHT (PG13) 1:45, 4:45, 7:45

MADAGASCAR: ESCAPE 2 AFRICA (PG) 2:30, 5:00, 7:30

LOEWS RIO CINEMAS 18

9811 Washingtonian Boulevard
301-948-0906

DIGITAL 3D

BOLT IN DISNEY DIGITAL 3D (PG) 2:10, 4:35, 7:35, 10:05

AUSTRALIA (PG13) 3:00, 6:15, 9:40

AUSTRALIA (PG13) 1:10, 4:30, 7:50

FOUR CHRISTMASSES (PG13) 1:30, 2:30, 3:45, 4:45, 5:55, 7:15, 8:20, 9:25, 10:40

TRANSPORTER 3 (PG13) 2:15, 4:25, 7:25, 9:50

BOLT (PG) 1:00, 1:45, 3:20, 4:05, 5:50, 6:30, 8:15, 8:50

THE BOY IN THE STRIPED PAJAMAS (PG13) 1:35, 4:10, 7:00, 9:15

TWILIGHT (PG13) 1:05, 1:55, 3:00, 4:00, 5:00, 6:00, 7:10, 7:45, 9:00, 9:55, 10:30

QUANTUM OF SOLACE (PG13) 1:20, 2:20, 3:50, 4:50, 5:45, 6:25, 7:30, 8:30, 9:10, 10:00

MADAGASCAR: ESCAPE 2 AFRICA (PG) 1:15, 1:50, 3:30, 4:15, 7:05, 9:20

ROLE MODELS (R) 1:25, 3:55, 7:05, 9:30

HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) 1:35

AMC SELECT

CHANGELING (R) 4:10, 7:20, 10:25

THE SECRET LIFE OF BEES (PG13) 10:35 PM

LOEWS WHITE FLINT 5

North Bethesda
1-800-FANDANGO #741

AUSTRALIA (PG13) 3:00, 7:05

FOUR CHRISTMASSES (PG13) 2:05, 4:40, 7:25

BOLT (PG) 2:15, 4:35, 7:15

QUANTUM OF SOLACE (PG13) 2:00, 4:45, 7:30

MADAGASCAR: ESCAPE 2 AFRICA (PG) 2:10, 4:30, 7:00

Times for Tuesday, December 2, 2008



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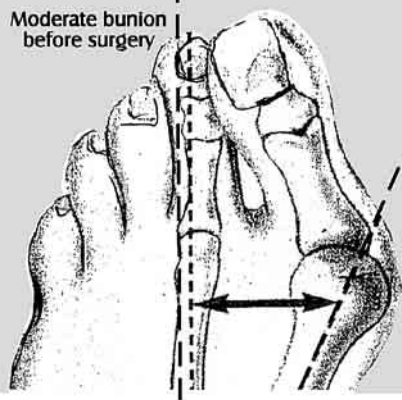
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Entertainment

'Tonight' Is Much Better

**Franz Ferdinand is
candidly confident in
its forthcoming album**

BREEZY | Franz Ferdinand's 2005 album may have promised "You Could Have It So Much Better," but the sales figures begged to differ — the band's second album failed to match the transatlantic success of its self-titled predecessor.

But as singer-guitarist Alex Kapranos and bassist Bob Hardy sit in a deserted Brooklyn cafe, taking Billboard through the band's long-awaited third album, "Tonight: Franz Ferdinand" (set for release Jan. 27), it's clear that self-confidence is not a problem.

"The other two were very jerky records," Kapranos says. "This one is much more of a swinger."



Franz Ferdinand thinks of "Tonight" as a departure from its "jerky" sound of yore.

Franz was an instant sensation in Britain, where its 2004 debut hit No. 3 and went on to sell 1.2 million copies, according to the Official Charts Co. Stateside success followed, where "Take Me Out" became a rock radio smash and "Franz Ferdinand" sold 1.1 million copies.

But after a fast start, sales of "You Could Have It So Much Better" stalled at 480,000 in the United Kingdom and 378,000 in the United States.

"The second record was really a continuation of what we were

doing with the first one," Kapranos says. "There are some songs on this record that are going to surprise people."

The band has been building awareness of the new songs through touring. "Lucid Dreams" has already appeared on the CW's "90210" and on EA Sports' "Madden NFL '09" video game. The band will be in the United States for radio shows Dec. 2 to 17, with worldwide tour dates planned through February 2010. MICHAEL D. AYERS AND MARK SUTHERLAND (BILLBOARD)

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Regional Centers

With Stephen on short-term disability and Aubrey's health failing, the couple were behind on bills and facing eviction. Catholic Charities provided funds to pay rent, gave the family groceries and worked to have their debt restructured.

"Catholic Charities helped us when we had no where else to go. They gave us hope."
— Stephen and Aubrey

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A Publication of the *Washington Post*



ROMA ETERNA: Producer Bruno Heller says he wants to produce a theatrical wrap-up of his critically beloved and prematurely canceled HBO drama "Rome." "There is talk of doing a movie version," he said. "It's moving along. I would love to round that show off."

Television

ON TV TONIGHT

GET IN THE SPIRIT, DARN IT

The voices of Fred Astaire and Mickey Rooney animate the holiday special **SANTA CLAUS IS COMIN' TO TOWN** (8 p.m., ABC).

HEAVYWEIGHTS OF POP

Alicia Keys, Kid Rock, Beyonce, Solange, Mariah Carey and Ringo Starr appear at the **2008 WORLD MUSIC AWARDS** (8 p.m., MyNetwork).

'LET'S MOVE PEO ...'

A fitness celebrity faints during the filming of an infomercial on **HOUSE** (8 p.m., Fox).

POST-WAR CRIMES

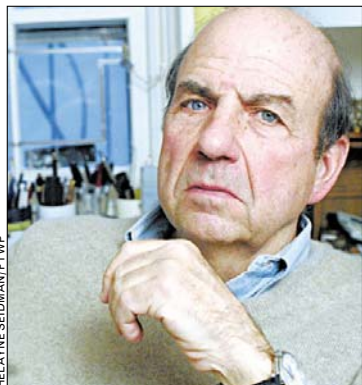
Jane investigates the murder of three veterans on **THE MENTALIST** (9 p.m., CBS).

'DIRTY' IS AN UNDERSTATEMENT

Just another day on the maggot farm on **DIRTY JOBS** (9 p.m., Discovery).

POWERFUL STUFF

EXPLORER: MARIJUANA NATION (10 p.m., National Geographic) looks at a mar-



Esteemed author and journalist Calvin Trillin chats with Jon Stewart tonight.

ijuana business that continues to flourish despite a decades-long "war" against it.

FRESH FROM THE NEW YORKER

Calvin Trillin appears on **THE DAILY SHOW WITH JON STEWART** (11 p.m., Comedy Central). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

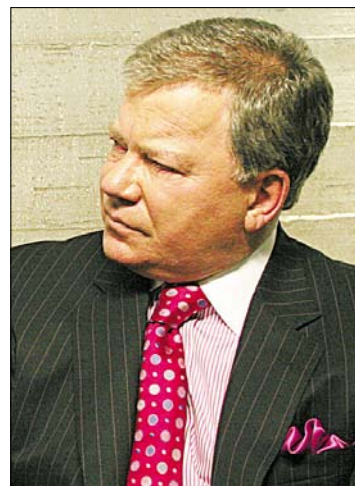
Shatner's Nerve Pays Off

The prince of Priceline veers away from the campy on his talk show

HOST | Call me jaded. When I learned about a new talk show hosted by William Shatner called "Shatner's Raw Nerve" (10 p.m., Biography) and that his first guest would be Valerie Bertinelli, I must admit I was underwhelmed.

I was also dreading that Shatner ("Boston Legal") would bring his patented campy routine to the show. Few actors have done a better job of sending up their reputation as a canned ham. And Shatner has the Priceline checks to prove it.

So, let me admit that I was surprised and delighted to be proven wrong. Unlike virtually every talk show on television, Shatner



SURPRISE! Shatner has candid, genuine conversations with his TV guests.

allows his guests to speak at length about topics that have nothing to do with their latest movie, book, Vegas engagement or cause. And

he doesn't go for the easy laugh, or any laughs at all.

In fact, Shatner often seems more like a wise and empathetic counselor than a talk-show host. Within moments of arriving, Bertinelli launches into a somber conversation about her failed marriage and her personal transgressions. Ever polite, Shatner probes her about her notions of heaven, hell, sin and goodness. They both divulge personal and painful tales about addicted spouses, and talk about long-postponed divorces.

Next week's show (Dec. 9) features an equally serious chat with talk-show host Jimmy Kimmel. Again, the conversation almost immediately turns toward bittersweet memories of a man who married too young. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)



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The K Street Shuffle

James Grippando's new thriller uncovers the not-so innocent

FOR MORE of our conversation with James Grippando, visit Expressnightout.com.

BOOKS | For his eighth Jack Swyteck mystery, "Born to Run," best-selling author James Grippando takes his Miami attorney out of Florida and into the wilds of D.C. — aka Pennsylvania Avenue.

When the vice president of the United States dies in the Everglades after hunting alligators, Swyteck's dad — the former two-time governor of Florida — is tapped as his replacement. The father and son have had a difficult relationship, but with things on the mend, Papa Harry taps his kid to be his lawyer. But by the time the twosome gets to the District, Jack is thrust into a mystery whose lethal backstory



Grippando brings attorney Jack Swyteck to the mean streets of D.C. in "Born to Run."

stretches back more than 50 years and involves cover-ups at the highest levels of government.

Grippando's 15th suspense novel

has all the page-turning requirements down to a science, while D.C. residents will find that "Born to Run" races with the political

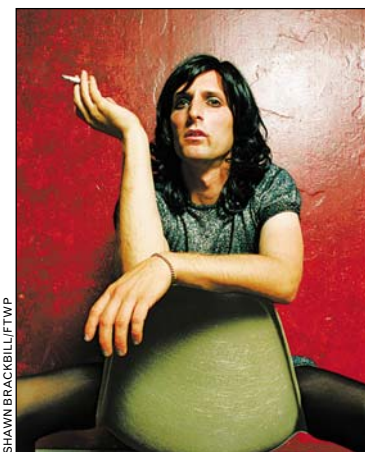
pulse of the city.

Grippando's focus on research gives his thrillers real-life foundations even if his stories are made up.

"Believability is always a concern, and you're never going to satisfy everyone on that score," he said. "The last Washington-based thriller I wrote was 'The Abduction,' the story of an African-American man running for president against a white woman. It was written 10 years ago, and even the critics who loved it commented that some readers might have trouble suspending disbelief and accepting the premise that this country is ready for a presidential election in which neither candidate is a white male. What a difference 10 years makes." CHRISTOPHER PORTER (EXPRESS)

→ *Borders, 5871 Crossroads Center Way, Arlington; Tue., 7:30 p.m., free; 703-998-0404.*

thescene



Edie Sedgwick (the androgynous musician, not the actress) is at the Black Cat.

WEDNESDAY

Edie Sedgwick: Cinema meets music. Black Cat, 1811 14th St. NW; 9 p.m., \$8; 202-667-7960. (U St.-Cardozo)

Yeastayer: This world music quartet pulls from Middle Eastern and gospel. Sixth and I Historic Synagogue, 600 I St. NW; 8 p.m., \$16; 202-397-7328. (Gallery Place)

A Peter White Christmas: Holiday music in its smooth jazz form. Birchmere, 3701 Mt. Vernon Ave., Alexandria; 7:30 p.m., \$49.50; 703-549-7500.

THURSDAY

Todd Barry: The bongo player from "Flight of the Conchords" does stand-up. The Improv, 1140 Connecticut Ave. NW; through Sun., various times, \$15-\$17; 202-296-7008. (Farragut North)

Swiss Christmas Concert: A Swiss violinist and an American pianist join forces. Embassy of Switzerland, 2900 Cathedral Ave. NW; 7:30 p.m., \$8; 202-745-7929. (Woodley Park)

Adrian Legg: A masterful guitarist. Jammin' Java, 227 Maple Avenue E., Vienna, Va.; 7:30 p.m., \$15; 703-255-1566.

FRIDAY

Repeal Day Party: Celebrate 75 years since the end of Prohibition. City Tavern Club, 3206 M St. NW; 8 p.m., \$80-\$90; 202-337-8770.

The Nutcracker: The Washington Ballet performs a classic. Warner Theatre, 13th and E streets NW; through Dec. 24, various times, \$29-\$83; 202-397-7328. (Metro Center)

Explore our searchable list of the area's events, venues, restaurants and movies at Expressnightout.com/thescene.

topstops



Serenading Wolves

Kevin Bacon. Jada Pinkett Smith. Jared Leto. Keanu Reeves. Russell Crowe. Steven

Seagal. What do these marquee names have in common? A successful acting career just wasn't enough — so they decided to clog our ears

with their musical renderings. The latest to join their ranks: Kevin Costner. Why, oh, why? We're not saying his gig at the Birchmere with his band, Modern West, is a complete waste of time. His Americana rootsy rock isn't half bad. It's just that he sounds like hundreds of other Springsteen wannabes — the only difference is that he's already famous for dancing with wolves and creating baseball stadiums in corn fields. K.C.

→ *Birchmere, 3701 Mt. Vernon Ave., Alexandria; 7:30 p.m., \$45; 703-549-7500.*

It's So District Of Columbia

Want to see the Statue of Freedom up close? Unless you scale the Capitol dome, you're out of luck. Until now. With the opening of the Capitol Visitor Center, it's now a lot easier to stroll up to the statue's plaster model in Emancipation Hall. There are also

historical artifacts (the pine slab where the bodies of Presidents Ford and Lincoln once rested creeps us out a little bit) and a restaurant. The cost of admission is music to our cash-strapped ears: freeeeeeeeeeeeeee! K.C.

→ *U.S. Capitol, East Capitol and First streets; 8:30 a.m. - 4:30 p.m, free, 202-225-6827 (Capitol South)*



Stellar Stand-Up

Whether it be Funny or Die, Clark and Michael, or lonelygirl15, watching original comedy content on the Internet has become all the rage. But long before these sites were drawing hits such as George Foreman, the comedy troupe Stella was out there setting the trend by producing short films for CollegeHumor. Stella is made up of New York University graduates Michael Showalter, Michael Ian Black and David Wain, left. The group responsible for "Wet Hot American Summer," "The Baxter" and "The Ten" moves from the big screen to the stage on Tuesday when the trio perform some of their famed stand-up at Sixth and I Synagogue. THOMAS FLOYD

→ *Sixth and I Historic Synagogue, 600 I St. NW; 8 p.m., \$27.50; 202-397-7328. (Gallery Place)*



Compiled by Express' Kris Coronado and Karmah Elmusa. Read more of their picks every day at Expressnightout.com/topstops.

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Check out page 3 for more details.

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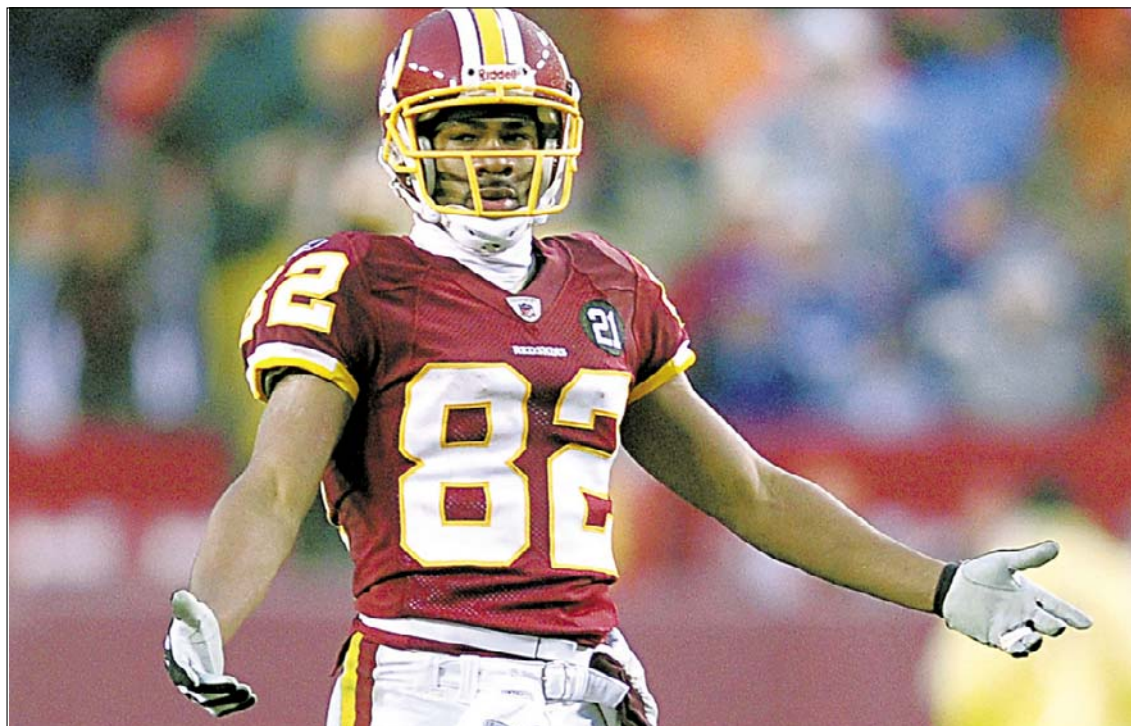


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HE'S BACK: Lance Armstrong will ride in the 2009 Tour de France, marking the first time he will compete in that race and the Giro d'Italia in the same year. Armstrong acknowledged the taxing schedule could leave him riding in a supporting role in France.

Sports



'C'MON MAN': Redskins receiver Antwaan Randle El was open for two potential touchdowns Sunday, but neither was completed.

Redskins' Frustrating Time

Defeat leaves reeling team in need of a run to make the playoffs

REDSKINS | Time came to a standstill for Antwaan Randle El. He was wide open down the middle of the field, having beaten the secondary by a good three steps. The Washington Redskins were finally going to complete a deep pass for a touchdown. But where was the ball?

"Man, I just was, like, 'C'mon, man!'" Randle El said. "I don't know if the ball, the wind, just said

MAKE-OR-BREAK TIME
Joe Gibbs' record in December was the main reason the Redskins made the playoffs in 2005 and 2007:

- 2004: 3-2 in Dec.; 6-10 overall
- 2005: 4-0 in Dec.; 10-6 (Regular season finale, a win, was Jan. 1)
- 2006: 1-4 in Dec.; 5-11
- 2007: 4-1 in Dec.; 9-7

'Not today' or what."

When quarterback Jason Campbell finally launched the pass, it was too late and too short, result-

ing in an interception.

That wasn't the only chance blown. Randle El said he was open for another sure touchdown in Sunday's 23-7 loss to the New York Giants, a hitch-and-go route in which Campbell threw to another receiver. "And that's where we're at," Randle El added, shaking his head. "That's where we're at."

Exactly. The Redskins (7-5) are staring at a tough December because of a scoring-starved November that included just four touchdowns in four games. Now they'll likely have to win three of

their last four — or maybe all four — to return to the playoffs.

"We all recognize that we're running out of time," guard Pete Kendall said. "And if we don't figure out something as a team, particularly as an offense, the promise of September and October will be for nothing."

There is more than enough criticism to go around on all fronts, but

"I don't know if the ball, the wind, just said 'Not today' or what."

ANTWAAN RANDLE EL, REDSKINS WR

much of it Monday was focused on Campbell and coach Jim Zorn.

"We haven't reached that elite status of a team," Zorn said. "It doesn't mean we're not good. It just means we're one of those teams that didn't separate [from the pack]."

Zorn again defended his schemes and said the players need to execute better, though he conceded that the offense "might have to take a step back before we can take another two steps forward." His sense of humor flashed again when asked whether his play-calling had become too predictable.

"It looks like, 'Aw, they're doing the same old thing,'" Zorn said. "You're right. We're failing on a play. But that doesn't mean I called the same play. ... I don't go, 'OK, I want you to run Green Right, 2 Jet, Failure.' We don't have that play in our playbook. But it does look the same. It's so frustrating." JOSEPH WHITE (AP)

Swengali

REDSKINS | BY MATT SWENSON

Redskins Are Going Nowhere

NO PLAY BETTER summed up the state of the Washington Redskins than the New York Giants' first extra point on Sunday.

The holder badly mishandled the snap — to the point that he had to reset the ball — yet the kick got away uncontested.

Any team with players running toward the play would have at least disrupted the chip shot, if not simply blocked it.

The Redskins were standing still, though, just as they have for more than a month.

Gone are a 4-1 start and 6-2 record at the halfway point. Washington is 7-5 and on the outside of the playoff picture.

Jim Zorn's team isn't getting worse per se; it just isn't getting any better.

It seems as though the version of the Redskins that lost to the Rams is a lot closer to reality than the one that beat the Cowboys and Eagles in consecutive weeks early in the season.

Jim Zorn's team isn't getting worse per se; it just isn't getting any better.

Say what you want about Joe Gibbs 2.0, but his teams almost always played best in the home stretch.

The Redskins are — to borrow ex-Cardinals coach Dennis Green's infamous line — who we thought they were.

They play solid defense but can't score. Nothing is going to change the rest of the way.

Washington probably has a couple wins left in it. But, in conclusion, the Redskins look like they are good enough to just miss the playoffs.

@ To reach Matt Swenson, e-mail matt.swenson@readexpress.com

TODAY'S TV LINEUP

WIZARDS (7:30 P.M. ON CSN+) The Wizards are back on a losing skid entering a road game against the New Jersey Nets.

COLLEGE HOOPS (7 P.M. AND 9 P.M. ON ESPN) The ACC-Big 10 challenge features Ohio State at Miami and Duke at Purdue.

MORE COLLEGE HOOPS (7:30 P.M. AND 9:30 P.M. ON ESPN2) Clemson is at Illinois and Virginia is at Minnesota in more ACC-Big 10 action.

NHL (7 P.M. ON VERSUS) The Philadelphia Flyers look to keep pace in the Atlantic division when facing the Tampa Bay Lightning.

Undefeated 'Bama Is the Underdog

No. 2 Gators favored to beat No. 1 Tide by 10 points on Saturday

COLLEGE FOOTBALL | Alabama has pushed aside all comers on its way to a perfect regular season, climbed to the top of the rankings and stuck around for quite awhile.

Now, it's back to square one for team No. 1: as an underdog in the Georgia Dome. Number 2 Florida is a 10-point favorite to topple the

top-ranked Crimson Tide Saturday in the Southeastern Conference

championship game in Atlanta, where 'Bama opened the season as an underdog to Clemson.

"I ain't worried about that at all," Tide cornerback Javier Arenas said. "It's been like that the whole season, starting with Clemson and going to Georgia."

28

The least number of points Florida has won by in its past eight games.

Maybe the point spread is a compliment to Alabama (12-0) considering Florida's last eight opponents have come no closer than Vanderbilt's 28-point loss.

The Gators, meanwhile, even seemed a tad bemused by their status as fairly heavy favorites in a game between two teams vying for a spot in the BCS national championship game. "Wow, I don't know how you can favor a No. 2 over a No. 1 team," Florida receiver David Nelson said. JOHN ZENOR (AP)

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Sports



TOP THIEF: Career steals leader Rickey Henderson heads 10 first-time candidates on this year's MLB Hall of Fame ballot, joining holdovers Mark McGwire and Jim Rice.

Burress Appears in Court

Giants receiver posts \$100K bond; police eye Pierce's role in incident

NEW YORK | Plaxico Burress was led out of a police precinct in handcuffs and appeared in a courtroom on weapons possession charges Monday, and authorities said that teammate Antonio Pierce is being investigated regarding his role in an accidental shooting at a Manhattan nightclub.

Burress was silent but held his head high as he was led out of the police station, where a crowd that included Giants fans hovered nearby with cell phone cameras. He later posted bail of \$100,000 and was ordered to return to court on March 31. He was silent in court.

The star receiver who helped the



A New York City police officer escorts Plaxico Burress into court on Monday.

New York Giants win the Super Bowl accidentally shot himself in the leg at a club Friday evening and was treated at New York-Presbyterian Hospital/Weill Cornell Medical Center.

He did not have a permit to carry a handgun in New York.

Police said Pierce and Burress arrived at the nightclub with two other people around 11:30 p.m. Friday. Burress had been allowed to bypass security, even though they knew he was armed, according to a law enforcement official who spoke on condition of anonymity.

Sometime after 1 a.m., Burress somehow ended up fumbling his gun in the VIP section of the club and it discharged, hitting his thigh. Pierce was with him when that occurred, police said. Police and witnesses said Burress had a drink in one hand.

Police are trying to figure out what happened in the time before Burress showed up at the hospital around 2:20 a.m. He was discharged at 1 p.m. Saturday. COLLEEN LONG (AP)

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25

The number of points scored by the Capitals' Alex Ovechkin in November, tops in the NHL. He was named the league's first star of the month. Teammate Alex Semin won the honor in October.

Sports

Injuries Devastate Capitals

Team could be without as many as 7 players for Panthers matchup

CAPITALS | Injuries are a reality every NHL team must cope with at some point during the course of the grueling 82-game regular season.

A defenseman here, a forward there. But the recent run of sprained ankles, broken fingers and strained backs, among other ailments that have ravaged the Washington Capitals' roster is so rare that the players, coaches and general manager can only shake their heads in disbelief.

"I've never seen this many guys out at once," said Mike Green, who has missed six games with a bruised shoulder. "Especially guys who play so many minutes."

When the Capitals host the Florida Panthers Tuesday at Verizon Center, they could be without as many as seven players who started the season on the active roster for



Defenseman Mike Green and six others are expected to miss Tuesday's game.

a fourth consecutive game. Among the expected absentees: the team's first and second-best defensemen (Green and Tom Poti, respectively) and the second-best offensive threat (Alexander Semin), not to mention key contributors Chris Clark, Sergei Fedorov, Jeff Schultz and possibly Boyd Gordon, the Capitals' best player in the face-off circle.

Through 24 games, the Capitals have lost 82 "man games," a term used when a player is eligible to play but is unable due to injury or illness. For comparison's sake, through the same number of games last season, the Capitals had 48 man games lost, and in 2006-07, the figure was 27, according to the team.

The Capitals are 2-1 since the injury situation went from bad to worse in Minnesota on Monday and remain atop the Southeast Division.

The injuries have forced coach Bruce Boudreau to shuffle his line-up almost daily, which disrupts the chemistry between linemates and defensive partners.

"I'm trying to figure out what strategy we want to use against Florida, [but] that will depend on who we call up," Boudreau said after Monday's practice at Kettler Capitals Iceplex.

"We have to determine how we are going to play tomorrow before we make any calls."

TARIK EL-BASHIR (THE WASHINGTON POST)

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Sports



PROMOTION: Clemson didn't look far to find its next football coach. The school took the interim tag off Dabo Swinney's title Monday. The Tigers went 4-1 to finish the year under Swinney.

Familiar Foes Vie for ACC

Va. Tech again looks for revenge against BC in championship

HOKIES FOOTBALL | Virginia Tech is known for using big plays on defense and special teams to turn the tide of football games, but the Hokies will face a similar foe in the ACC championship.

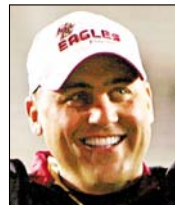
Boston College (9-3, 5-3) will come into Saturday's title game in Tampa, Fla., having gotten at least one touchdown from defense or special teams in seven consecutive games.

"It's like Virginia Tech!" Eagles coach Jeff Jagodzinski said Sunday, as if trying to deflect attention from his team's remarkable streak.

"When you look at — through the years — at Virginia Tech's



Beamer



Jagodzinski

defense, they've won a lot of ball games doing that," Jagodzinski said.

Even the Hokies have never been this good.

No. 18 Boston College added to its non-offensive scoring tally twice on Saturday in a division-clinching 28-21 victory against Maryland, scoring on a touchdown pass out of a fake field goal and on an interception return.

Saturday's game is a rematch of last year's, and just like a year ago,

the Hokies (8-4, 5-3) will be trying to make up for a defeat in the regular season.

This year, they lost 28-23 at BC on Oct. 18 after returning two interceptions for touchdowns, but allowing a 65-yard punt return TD by Rich Gunnell that gave the Eagles the lead for good.

Hokies coach Frank Beamer spent Sunday looking at film of their kicking game, trying to find a weakness. He plans to remind his team how a game can turn on one play.

"There's no question, when you get into championship games, ... you would think it would be two teams that are fairly close to each other in terms of abilities, and whenever you get into a game like that, special teams usually decide it, or certainly affect it," Beamer said.

HANK KURZ JR. (AP)

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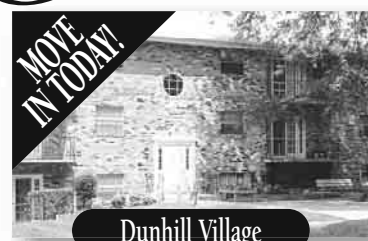
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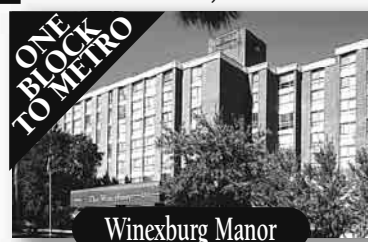
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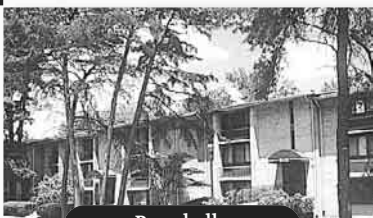
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*TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

INSIDE

Debbie Allen
to return in
'Fame' | 38



Blog Log: Tina Fey
opens up for VF | 36

Discussions: A look at
the attacks in India | 36

Entertainment

Theater producers offer cheap tickets to encourage business

It's been a weird, schizophrenic couple months on Broadway as the theater prepares for the holidays in the middle of an economic downturn and what, in the past, have been some of the most profitable weeks of the season.

Closing dates have been announced with glum regularity: older shows, such as "Hairspray," "Monty Python's Spamalot" and "Spring Awakening"; and new shows, such as "13" and the already departed, critically maligned "American Buffalo."

And even one that, early last season, the smart money thought would have had more than a year-long run — "Young Frankenstein," done in by less-than-stellar reviews, inept marketing and its initial, celebrated \$400 premium ticket price that quickly disappeared.

And yet, the news isn't all grim. Limited-engagement fall revivals of "Speed-the-Plow," "The Seagull," "All My Sons" and possibly "Equus" are at or near recoupment of their \$2 million-plus production costs. And "Billy Elliot" has turned into the first big musical smash of 2008, doing hefty business.

Still, there is an underlying nervousness among some producers about early 2009, especially if the economic situation remains stagnant and tourists, both home-grown and foreign, stay away from New York.

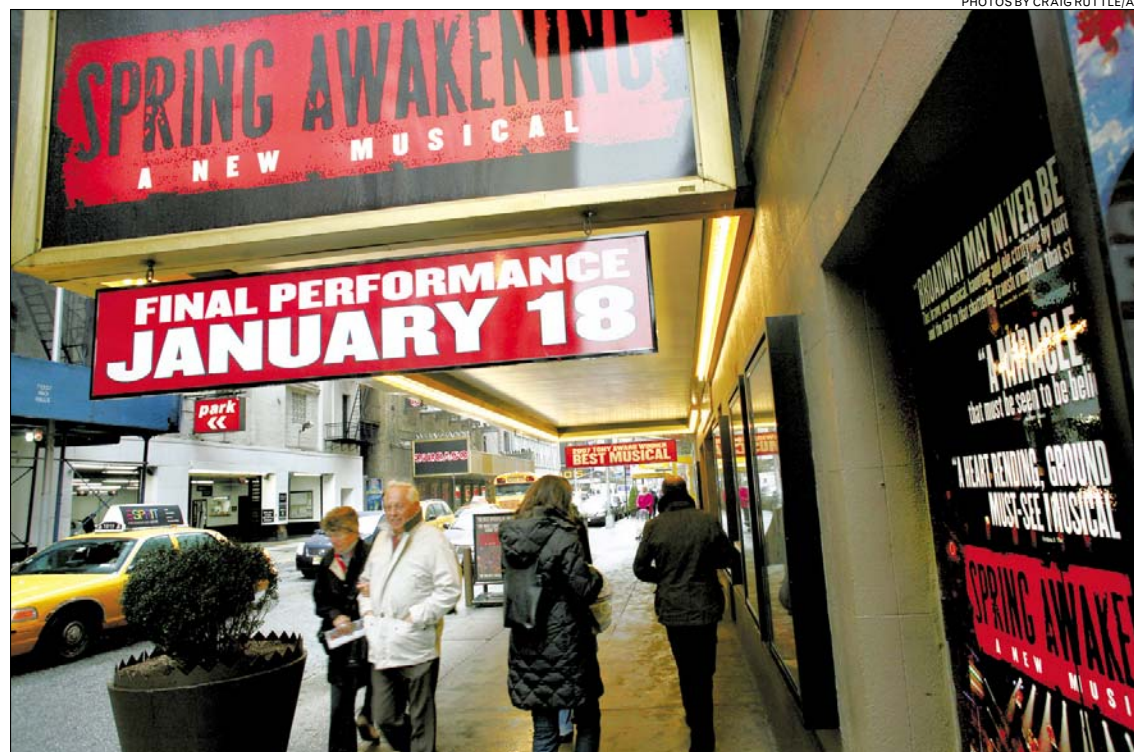
"The mood seems to be that it is going to be tougher than in prior years," says David Schrader, the executive vice president of Disney Theatricals. "But January and February are always hard, especially for shows that are on the bubble, [those] struggling for one reason

or another."

As in the past, many of the remaining shows are offering discounts to get through the lean winter months. But now, they have become a little more inventive in their cut-rate pricing.

For example, you've heard of day-of-performance, student-rush tickets, for those under 18 or 21, popularized by such shows as "Rent." Now, starting Tuesday, there will be a senior rush, for ticket buyers 65 or older, at "August: Osage County," last season's best-play Tony winner.

"Why should there be a student rush and not a senior-citizen rush? Senior citizens are very mobile these days," "August" producer Jeffrey



CURTAIN CALL: Pedestrians walk near marquee for the Broadway show "Spring Awakening," which will close in January.

Drama on Broadway

"I don't think anyone would do a straight play in this environment without stars."

BOB BOYETT, PRODUCER

Richards says. "If they are willing to queue up accordingly, why not?"

And beginning Dec. 1, Disney instituted a "Kids Go Free!" offer, a limited-time discount for its three child-friendly musicals, "The Lion King," "The Little Mermaid" and "Mary Poppins" for Jan. 6 through March 13 with the purchase of a full-price ticket.

"Our challenge is not awareness," Schrader says of the new Disney discount. "People are familiar with all three of our shows ... but if they are just waiting to make a decision [to purchase tickets], here's an opportunity that has an expiration



Marquees at a New York theater announce the closure of "Hairspray." The economic situation has made Broadway producers nervous about ticket sales in 2009.

date on it."

As for productions in 2009, there are a surprising number of new plays, all of them star-driven.

"I don't think anyone would do a straight play in this environment without stars," says Bob Boyett, a producer of "Impressionism," a new play starring Jeremy Irons and Joan Allen, opening in March. "It's got to be about the cast. That's what you are pushing."

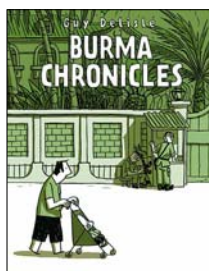
And other names are on tap, too, for the new year. Jane Fonda, Will Ferrell, Angela Lansbury, Rupert Everett, Mary-Louise Parker, Brian Dennehy and more in a play-heavy late winter and spring.

"There is too much doom and gloom about Broadway right now," says producer Jeffrey Richards, citing the recoupment of his own "Speed-the-Plow" and others. "And while there is always concern and trepidation during difficult times, I think that people want to see good theater and are still going to go see good theater." MICHAEL KUCHWARA (AP)

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GRAPHIC NOVELS

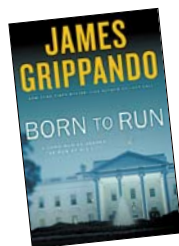
Around the World

Almost simultaneously, two new similarly titled graphic novels came out that are both travelogues — yet the two hardcovers couldn't be more different. Scott A. Rosenberg reviews Guy Delisle's "Burma Chronicles" and Enrico Casarosa's debut comic, "The Venice Chronicles." | COMING UP

MUSIC

Long Players

Today's reviews of the new CDs by Britney Spears ("Circus"), Akon ("Freedom") and Neil Young ("Sugar Mountain: Live at the Canterbury House 1968") are much shorter in their paper versions. For our longer takes on these new albums, plus videos from each artist, log onto Expressnightout.com. | ONLINE NOW



BOOKS

K Street Shuffle

Author James Grippando took his Miami attorney out of Florida and into the wilds of D.C. — aka Pennsylvania Avenue — for his eighth Jack Swyteck thriller, "Born to Run." Christopher Porter spoke to Grippando before his Tuesday reading at Borders in Arlington. | COMING UP

poll center

YESTERDAY'S RESULTS AS OF 5 P.M.

DO YOU THINK PRESIDENT-ELECT OBAMA HAS MADE GOOD CHOICES FOR HIS CABINET?

YES 73%

NO 27%



"For someone who ran about for two years chanting 'change,' this seems like the same old thing we already had. Why not get some fresh, radical, outside-the-box-type thinkers?"

COMMENTER TRUPATRIOT, RESPONDING TO MONDAY'S POLL CENTER QUESTION, "DO YOU THINK PRESIDENT-ELECT OBAMA HAS MADE GOOD CHOICES FOR HIS CABINET?"

I think President-elect Obama has made great choices! No matter what others might think, I believe Hillary Clinton will make a great secretary of state."

COMMENTER NANCY, WHO ADDED, "IT SEEMS THAT OBAMA [HAS] BEEN CAREFUL TO FILL EACH POSITION WITH VERY CAPABLE PEOPLE."

I think he has made good choices. Picking folks with experience is important. On-the-job training is not an option at this time."

COMMENTER GREG S., WHO ADDED, "OF COURSE, FOLKS WOULD COMPLAIN EVEN IF OBAMA PICKED JESUS AND HIS DISCIPLES FOR HIS CABINET."

SEE HOW YOUR METRO STATION VOTED AT EXPRESSNIGHTOUT.COM/POLLCENTER

Blog LOG

"It's not every day that a movie will sock you in the jaw, hug you and tickle you all at once. If this movie doesn't affect you, you might not have a soul."

HEYPRETTY.TYPEPAD.COM SAW "SLUMDOG MILLIONAIRE" OVER THE WEEKEND, ADDING "[IT WAS] PREDICTABLE AT TIMES AND [LACKED] A BIT OF CHARACTER DEVELOPMENT."



ANNE LEBOVITZ/VANITY FAIR

"I always thought that she was absolutely gorgeous, and she did wonders for the self-esteem of [girls] who wear glasses."

A COMMENTER AT **JEZEBEL.COM** ADMIRES TV WRITER-ACTRESS TINA FEY, WHO REVEALS IN VANITY FAIR THAT HER FACIAL SCAR COMES FROM A CHILDHOOD ATTACK, AND THAT SHE RECENTLY LOST 30 POUNDS.



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Discussions

Terrorism in India

WILL GEDDES, counterterrorism expert and managing director and founder of International Corporate Protection was online from London on Monday to discuss the attacks in Mumbai, the attacks' aftermath, the investigation and the current situation in India.

Do you think the terrorists were trained in Pakistan?

It seems highly likely that there was a Pakistan "flavor" due to the attack modus operandi, and the speculation is that although not necessarily a group of Pakistani nationality origin, there could have been some degree of facilitation provided within or connected to the country.



SEBASTIAN D'SOUZA/AP (MUMBAI MIRROR)

Dead bodies litter a railway station in Mumbai, India, after the Nov. 26 attacks.

Some of the captives used their cell phones while the attack proceeded. Will those calls be checked? Were they recorded? How does that work?

The cell phones will be an incredibly valuable source of intelligence for the investigation and will be used to not only trace and check the numbers dialed to and from, but also checking against telecom

masts to triangulate the locations they would have traveled through. There is a high likelihood that the phones would have been bought especially for this attack and therefore likely to not provide a great amount of "history," but should certainly furnish the investigators with other numbers to check through.

It seems to me like this type of attack could happen anywhere, anytime. Scary.

This type of attack is the most feared, as it causes the most confusion to the security services because it is multiple attacks on varied targets. The most notable was the Munich Olympics attacks in 1973.

TODAY ON DISCUSSIONS: Washington Post NFL columnist and NFL Insider blogger Mark Maske takes your questions and comments at 11 a.m. | washingtonpost.com/discussions.

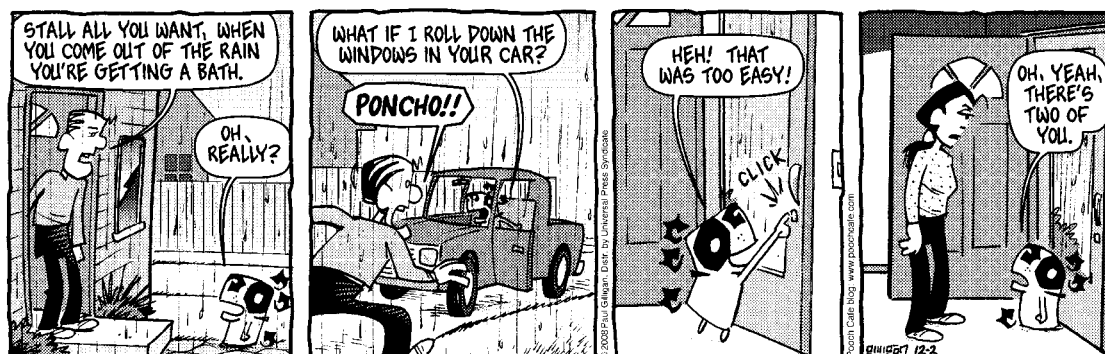
Bizarro | Dan Piraro



Cornered | Mike Baldwin



Pooch Cafe | Paul Gilligan



Pearls Before Swine | Stephan Pastis



The Duplex | Glenn McCoy



Horoscope

By Stella Wilder

SAGITTARIUS (Nov. 22-Dec. 21) Be patient, and you'll be able to wait out the competition. With any luck, a rival will show his hand before you do.

CAPRICORN (Dec. 22-Jan. 19) This is a good day to negotiate better terms for yourself — and for those who have put their trust in you. Don't be too stubborn.

AQUARIUS (Jan. 20-Feb. 18) You may have a problem with someone who is asserting his or her authority a little too aggressively. Avoid a head-on conflict.

PISCES (Feb. 19-March 20) You should be able to come through for your teammates — despite their doubts. Buckle down, and you can win the day.

ARIES (March 21-April 19) You'll want to undertake a major project with a friend — but you may not be able to begin as quickly as you had hoped. Use caution.

TAURUS (April 20-May 20) Add to your wardrobe — but do so with subtlety and tastefully. Image may not be everything,

but it's high on the list.

GEMINI (May 21-June 20) You may confuse people with your unusual behavior. Some may take offense, but others know that you're on the verge of something big.

CANCER (June 21-July 22) You may have been misled, but the fact is that you can adapt to any circumstances you find throughout the day. Don't be too rigid.

LEO (July 23-Aug. 22) Your popularity is on the rise. An Aquarius native may make an offer that you cannot refuse. Evening hours bring important developments.

VIRGO (Aug. 23-Sept. 22) Your tolerance level may be unusually low, so it is best that you lie low in order to avoid any unintentional conflict.

LIBRA (Sept. 23-Oct. 22) All the evidence points to one logical conclusion, but you're not yet convinced. Leave no stone unturned as you pursue the truth.

SCORPIO (Oct. 23-Nov. 21) Assistance will come to you from a surprising source. A new professional association may give you a more positive outlook.

Letters

Allow More Time to Board

METRO TRAIN operators don't give riders enough time to exit the train and allow others to enter before closing the doors when it's crowded. Operators, when you have a full train and platform, please allow

more time for us to maneuver.

—MARY DAVIS
Laurel, Md.

Correction:

Due to an editing error, Steve Doerr's letter to the editor in Monday's Express communicated the opposite Metro temperatures of what he originally wrote. The letter should have said to set Metro temperatures at 60 F in the winter and 75 F in the summer.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1859 Militant abolitionist John Brown is hanged for his raid on Harpers Ferry, Va.

1927 Ford Motor Co. formally unveils its Model A automobile, the successor to its Model T.

1982 In the first operation of its kind, doctors at the University of Utah Medical Center implant a permanent artificial heart in the chest of retired dentist Dr. Barney Clark, who lived 112 days with the device.

1988 Benazir Bhutto is sworn in as prime minister of Pakistan.



Espy was acquitted on this day in 1998.

1998 Former Agriculture Secretary Mike Espy is acquitted of all counts in a corruption case involving sports tickets and travel he'd accepted from companies that did business with his department.

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LOOKout People



INJURED
Man Regrets eBay Sale of Homemade Protective Suit

The (U.K.) Sun newspaper reports continued trouble on the set of Guy Ritchie's Sherlock Holmes movie. First, **ROBERT DOWNEY JR.** was knocked out filming a fight scene with wrestler Robert Maillet. Downey recovered in time to make it back to the set, only to be evacuated when an oil truck exploded. (EXPRESS)

DIVORCING
Months-Old Vote Sends Businessman to Exile Island

IVANA TRUMP, 60, who married Ros-sano Rubicondi, 36, in April, says she filed a legal separation agreement three months ago. Trump says she kept quiet about it because she didn't want to ruin Rubicondi's chances as a contestant on the Italian edition of "Survivor." (AP)



CASTING
'Remember My Name'

A remake of the musical drama about students at New York City's High School of Performing Arts, "Fame," has been greenlighted. In the teacher's lounge: **DEBBIE ALLEN**, pictured, returns as Principal Simms. She'll be joined by Kelsey Grammer, Megan Mullally, Charles S. Dutton and Bebe Neuwirth. (EXPRESS)



JEWELRY
Staycations Increasingly Popular with U.S. Jet Set

Actress **WINONA RYDER** is reportedly under investigation by Spanish police after los-ing \$125,000 worth of Bulgari jewelry in a Madrid hotel. The Ital-ian fine jewelry house loaned the bracelet and ring to the actress for

Ryder is under investigation by Spanish police.

her to wear to a party sponsored by Marie Claire magazine. Ryder's camp has not issued a statement. Ryder has already made headlines on her European trip, passing out on her flight to London. (AP)

ON TRIAL
Karma Is a Young Blond Guy

Singer **BOY GEORGE** admits in a recording played in a London court that he restrained a male escort with handcuffs. But the former Culture Club singer says he had no inten-tion of hurting the man. He also denies he tried to assault the Nor-



wegian escort or that he swung a chain at him. The singer, whose real name is George O'Dowd, is on trial for the false imprisonment of 29-year-old Audun Carlsen. (AP)

REUNITING
Crash Victims to Perform

Punk drummer **TRAVIS BARKER** and celebrity disc jockey **DJ AM** will per-form together on New Year's Eve, their first performance since the duo survived a fiery plane crash in South Carolina on Sept. 20. The former Blink-182 drummer and DJ AM, whose real name is Adam Goldstein, will headline New Year's Nation's Los Angeles Party. (AP)

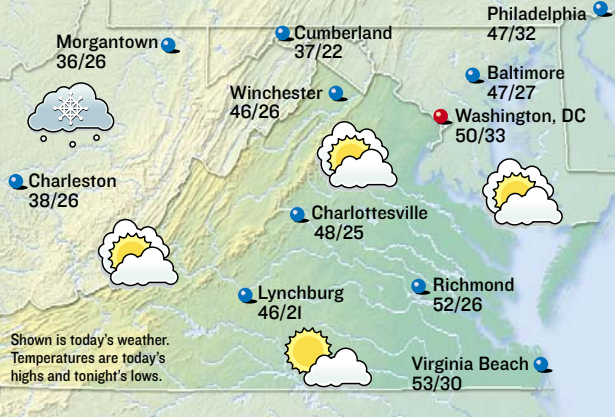


DJ AM and Travis Barker at the MTV VMAs days before the accident.

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Partly sunny	Mostly clear	Mostly sunny	Mostly cloudy, a shower possible	Partly sunny, windy, colder	Mostly cloudy
50°	33°	48° / 36°	51° / 31°	40° / 26°	41° / 31°

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Normal low 36°
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Precipitation

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Month to date 0.00"
Normal month to date 0.10"
Year to date 43.52"
Last year to date 29.65"
Normal year to date 36.51"

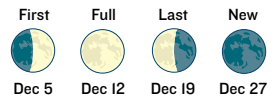
For up-to-the-minute weather, see:
washingtontimes.com/weather

Regional Forecast

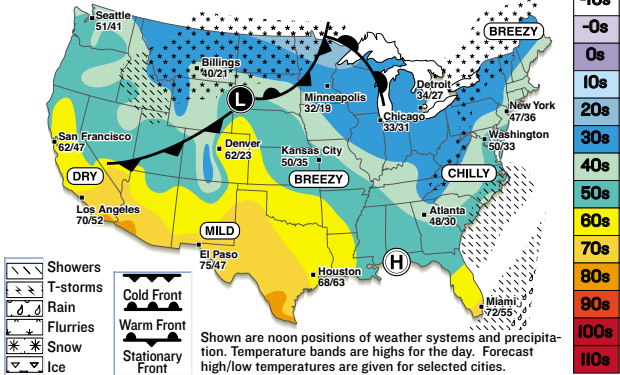
D.C. Metro: Today, partly sunny. High 50. Wind west 6-12 mph. Tonight, mostly clear. Low 33. Wind west 3-6 mph. Wednesday, mostly sunny. High 48.

Sun and Moon

Sunrise today 7:09 a.m.
Sunset tonight 4:46 p.m.
Moonrise today 10:56 a.m.
Moonset today 9:06 p.m.



National Weather for Tuesday, December 2



National Cities

City	Today	Wed.
Atlanta	Hi/Low 48/30/s	59/38/s
Boston	46/34/s	48/36/s
Chicago	33/31/pc	35/20/c
Dallas	68/57/s	67/38/pc
Denver	62/23/pc	32/13/c
Honolulu	83/69/s	82/69/s
Los Angeles	70/52/pc	72/52/pc
Miami	72/55/pc	74/64/pc
New York City	47/36/s	48/39/s
Orlando	62/39/pc	69/47/s
Seattle	51/41/c	48/38/c

World Cities

City	Today	Wed.
Amsterdam	Hi/Low 41/36/sh	43/36/sh
Athens	68/57/pc	68/59/c
Berlin	41/34/sh	36/30/pc
Buenos Aires	66/54/pc	73/57/pc
Calgary	28/18/pc	24/4/pc
Dublin	43/37/r	45/39/sh
Geneva	39/29/c	37/36/c
Moscow	39/36/r	43/39/sh
Rome	56/48/sh	57/48/c
Sydney	79/62/s	82/64/s
Tokyo	59/46/pc	58/46/s

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

LOOK out

CROSSWORD | STOCK IN TRADE

ACROSS

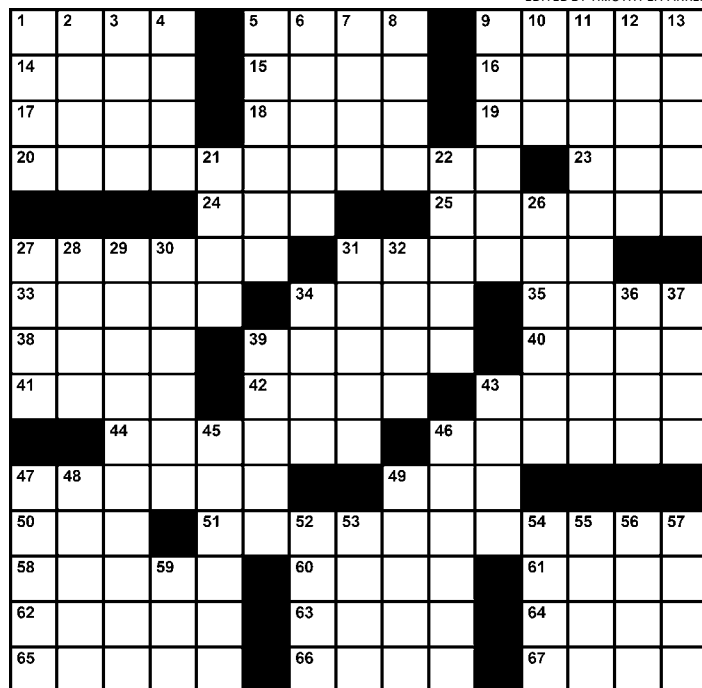
- 1 Where some get their kicks?
5 Imitate a donkey
9 Pizza feature
14 Canvas carrier
15 Act the femme fatale
16 It may exist among thieves
17 Having the necessary skill
18 Life sentences?
19 Confuse
20 Some bars
23 "Uncle Tom's Cabin" girl
24 "What's the ___?" (quitter's comment)
25 Went off at an angle
27 Vampire feature
31 Much of boot camp
33 Lengthwise
34 Bearing
35 State number 45
38 Arthur Murray teaching
39 Badminton opener
40 Sub assembler
41 Unescorted
42 Walk-on parts?
43 Source of irritation
44 Manage a museum
46 Light, patterned cloth
47 Causes of rude awakenings
49 Fictional Archer
50 Breadbasket
51 Elia the essayist
58 "Measure twice, cut once," e.g.

60 News source, sometimes

- 61 "___ Under the Sun"
62 Warning wailer
63 Equivalent
64 Charity distribution
65 Somewhat common contraction
66 Barbra's co-star in 1968
67 Turn over ___ leaf

DOWN

- 1 Deer fellow
2 "I Am a Lonesome ___" (Bob Dylan song)
3 "___ put hair on your chest"
4 Can't be without
5 Women's wear daily?
6 100 kopecks
7 Bittersweet covering
8 Himalayan humanoid
9 Coco of fashion
10 Angler's item
11 Automotive handling problem
12 What you're trying to do
13 Sneaker surface
21 Cask's stopper
22 Just like ewe?
26 Slipped through one's hands
27 Mama with a strong voice
28 Doo-wop group member

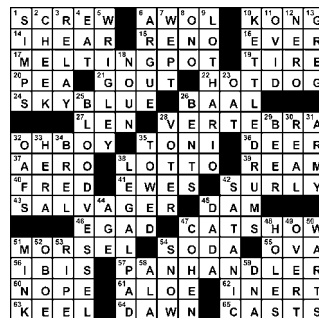


EDITED BY TIMOTHY E. PARKER

- 29 Playwright who's afraid of Christmas?
30 Move like a rushing wind
31 Mournful tune
32 Guns, Indy-style
34 Be introduced to
36 Menlo Park middle name
37 Goes quickly
39 Partner of burn
43 Feet in a pound
45 Not long past
46 More submissive
47 Destroy, as a

- pumpkin
48 Olga's peer
49 Camel's cousin
52 Too
53 Stationer's order
54 "___ and the Swan" (Yeats)
55 Cosmetics name
56 Marathon unit
57 Overloaded, as a fuse
59 Robert E. Lee, for one

Yesterday's Solution



SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su|do|ku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

7	3	4	1	8	5	6	9	2
8	6	9	7	3	2	4	1	5
1	5	2	9	6	4	3	8	7
6	1	5	4	7	3	8	2	9
4	8	3	5	2	9	1	7	6
2	9	7	6	1	8	5	3	4
9	7	8	3	5	6	2	4	1
5	2	1	8	4	7	9	6	3
3	4	6	2	9	1	7	5	8

4			9	2				
								2
		9	7	3	6	8		
		1			4			5
8								4
5			9			7		
		7	6	4	9	2		
3								
			8	7				9

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U.S. Department of Energy GNEP PEIS Public Hearing



The Department of Energy's Office of Nuclear Energy (NE) is inviting comments related to the Draft Global Nuclear Energy Partnership Programmatic Environmental Impact Statement (GNEP PEIS). Comments will assist DOE in finalizing the PEIS. The PEIS assesses the potential environmental consequences of the reasonable alternatives to support expansion of domestic and international nuclear energy production while reducing the risks associated with nuclear proliferation and reducing the impacts associated with spent nuclear fuel requiring geologic disposal. No siting decisions will be made based on the PEIS. DOE will conduct public hearings to discuss issues and receive comments as follows:

Tuesday, December 9

Holiday Inn Capitol
550 C Street SW
Washington, DC 20024

Open House: 12:00 - 1:00 p.m.

Public Hearing: 1:00 p.m.

The public hearings will include brief presentations about NEPA and the GNEP program, followed by an opportunity for oral public comments. Public comments on the Draft PEIS will be accepted through the end of the public comment period on December 16, 2008.

Comments on the Draft PEIS can be submitted by mail to Mr. Frank Schwartz at:

GNEP PEIS Document Manager, Office of Nuclear Energy
U.S. Department of Energy, 1000 Independence Avenue, SW,
Washington, DC 20585-0119, by Fax: 866-489-1891, or at www.regulations.gov
Please mark envelopes and e-mails as "Draft GNEP PEIS Comments".

If you have questions about the Draft PEIS, or require special assistance at the public meetings, please call 1-866-645-7803.

See www.gnep.energy.gov for additional information on GNEP.

express

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GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

No Ring, No Relationship?

Q My boyfriend and I are 27, have been together for three years and have lived together for two. Before we moved in together, he told me he wasn't ready for marriage but could see himself marrying me. We're still nowhere near an engagement. He has a laundry list of reasons — too young, none of his friends are married, etc. I recently asked whether he thought he'd be ready to get engaged in a year. He got upset, so we agreed to revisit in a year. I believe that it's not that he's not ready, but that he's not sure I am "the one." I'm beginning to emotionally "check out." How long is reasonable for me to wait for him?

— ANONYMOUS

These questions are tough because



"Ticktock, Warren, ticktock."

ERIC REECE

personality factors determine people's notions of being ready and finding "the one." There are those who knew within an hour that they'd met their match, and there are those who still second-guess those socks they bought two weeks ago. Natu-

rally, if a couple have different styles, it can bring complications.

But the most you can do is to take this one day at a time. Your relationship is only as good as it is in the present. You're checking out; he's coming up with excuses that sound

a little off-point. (None of his friends are married? Puh-lease.) It seems that both of you aren't being completely honest with each other.

You're resentful because you feel like you're more invested than he is — an awful place to be. Until he can convince you that it's really a matter of when rather than who, that won't go away. But you've got to think hard about whether you're convince-able. Proposal by ultimatum seems about as romantic — and prudent — as proposal by enema. Your task is to figure out whether he — this very evening, ringless and with only his words to let you know how he feels — is enough.

Not a Bitter Pill to Swallow

Q My boyfriend is into some recreational prescription drug use. I am not a prude and have plenty of bad habits myself, but I need a reality check about how

likely this is to be a bad thing. (My dad was an alcoholic, and I don't want to go down that path again.)

— WONDERING

There are more prescription meds out there than you can shake a stick at (that's the scientific term, yes) — and they all carry very different effects and risks with recreational use, from turning your life upside down to simply not being a fabulous idea. The most common categories — painkillers, stimulants and depressants — each carry cause for concern. But you need not be a medical encyclopedia. Talk to him. Try to see his motivations and his vulnerabilities. Be on the lookout for warning signs of increased use and tolerance, withdrawal, mood swings and self-destructive behavior — and never ignore your gut.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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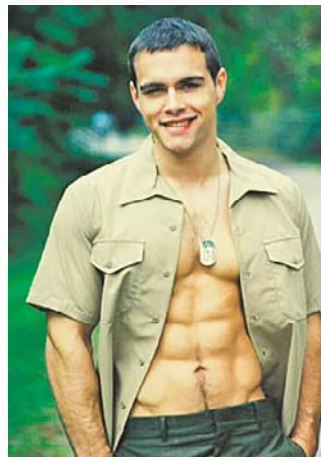
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HOW SUITE IT IS

Expand your New Age musical horizons beyond Enya with Steven Halpern's "Relaxation Suite" (\$16, innerpeacemusic.com), 70 minutes of calming tunes that would make ideal massage background music. The pianist's work promotes stress relief, especially this time of year, when you're bombarded with chirpy Christmas tunes all day.



COUNT ON IT

You know how you do so many push-ups that you lose track of the number? Or just pass out? Let the Perfect Pushup Counter (\$20, Sportsauthority.com) do the math. It sits under your chest and registers each dip down with a beep. When you come to, check out the digital display — it counts up to 999 reps.



NO COTTON CLUB

Maybe you're in no danger of sweating on the greens in this weather, but there's always a need for wicking fabric. Hence, the Putter Towel (\$20, Devantsportstowels.com), which clips to your clubs for easy access and can wipe away dew and mud before they mess up your game.



ODOR AWAY

Origins Organics Totally Pure Deodorant (\$15, Nordstrom) won't stop you from sweating, but it erases worrying about the five-syllable preservatives found in most antiperspirants. Three spritzes last all day, and the modern, mild scent appeals to men and women. Yeah, patchouli's in the mix, but notes of ginger dispel any association with Woodstock.



GUINEA PIG



Now Hop to It

The only exercise you'll get with most toys is yanking them out of their virtually indestructible packaging. But Hyper Jump (\$30, age 6 and up, Shopwildplanet.com) — which, incidentally, requires little effort to open — promises kiddies a workout every time they play with it.

The concept is simple: A central game unit with air-filled pods sticking out of it commands players to jump around. Some of its orders correspond with stomping on certain colors, and others target numbers or require calculations (addition and subtraction). And every now and then, it'll yell out "crisscross," a double jump with a twist, which is more about agility than smarts. If it sounds a bit like high-speed Twister with math problems thrown in, it sort of is — for certain moves, you'll do better if you use all four limbs.

The only downside we found was that for older children (Read: Express writers), a big jump can cause the pods to fly off, which is a pain. But for the wee ones the game is actually meant for, the pieces should hold up better. And, certainly, players' bodies and brains will, too. VICKY HALLETT (EXPRESS)

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➔ Merry Muscles

The best present folks can wake up to on Christmas morning after more than a month of pumpkin pie eating and eggnog swilling is something to make them feel like active elves again. Whether they're training for a marathon, taking up yoga, considering bike commuting, planning the ultimate family camping trip or just trying to increase their exercise level, everyone could use a push to get going. (Even Santa! You might stuff your face at the company holiday party, but Santa has to make up for millions of cookies.) And if none of these 10 choices is a winner for any of the names on your list, don't forget that experiential gifts can be goodies, too. Rock-climbing classes, dance class gift cards, ski getaways and race entrance fees are sure to make the season brighter, and lighter, for fitness fanatics. VICKY HALLETT (EXPRESS)



HIPPER SIPPER
Outside it may be cold and nasty, but it's always spring on this **one** floral-patterned aluminum water bottle. Plus, it looks like a much-more-expensive Sigg, although it's perfectly priced for office secret Santas. (\$13, Gaiam.com)



ACTION HERO
Walking is dandy, but the Polar FA20 takes into account all the moving you do, translates it into calories burned and calculates how much time you've been active. It's a couch potato wake-up call and a way for newbie exercisers to monitor their progress. (\$110, Rei.com)

three



four

TO HAVE AND TO FOLD
The Dahon MU P8 might fold into a manageable bundle. After a ride to work, just unfold it from your co-workers. (\$110, Rei.com)



two **RUN, RUN, RUDOLPH**
Conquer the woods with the Stumptown 12, a trail shoe from END, a company dedicated to making eco-friendly footwear. By ditching extra parts (which create more waste), the designers have developed a lightweight line that's still supportive. (\$79, Rockcreek.com)



five

GENIE IN A BOTTLE

An Arlington-based biz turns plastic water bottles into moisture-wicking exercise tops. Another style reads, "Reduce, reuse, recycle, run." (\$38, Atayne.com)



six

THE HAT TRICK

There's just something about a guy with ear flaps. And there's an extra something when those flaps are part of a Snoqualmie cap. It's made of eVent, a high-tech fabric that shoos away sweat, making it perfect for a hike in the wilderness or to the office. (\$39.50, Rei.com)

seven

BAG LADY

Recovering from an injury is almost fun — and certainly fashionable — with this retro number. Stuff it with either ice cubes or hot water, depending on your preferred form of therapy. (\$14, Lucy.com)



ot fit inside a stocking, but the bike does collapse that makes commuting on two wheels a cinch. ore it under your desk. But expect jealous stares 60, Amazon.com)



OREGON TRAIL

No matter where you wander, you'll wish you had a Garmin Oregon 400t along. The rugged handheld GPS comes loaded with topographic maps that you can play with on its waterproof touch screen. (\$600, Bestbuy.com)

nine

eight

JIGGLE BELLS

The big guy from the North Pole stays strong by swinging around a huge bag of presents. Your big guy (or gal) can get the same effect with this kettlebell-medicine ball combo. Just remove the handle before playing toss and other reindeer games. (\$35, Sportsauthority.com)



ten

ALL EARS

Ditch the wires but keep the music with Sony's Bluetooth Active Style Headphones — not recommended for people who yap on their phones at the gym. (\$130, Sonystyle.com)

BODYTALK

It Just Takes Two

■ We asked pros which upper- and lower-body exercises you should always do, and they overwhelmingly voted for two classics: the single-leg squat and the push-up. Neither move requires a single piece of equipment, and, together, they work the entire body — hard. Here's how to prepare yourself to make them a part of your regular workout.

START WITH: KNEE PUSH-UP

Get in plank position and lower your knees to the floor. Lift your feet and position your hands under your shoulders. Lower yourself, bending your elbows to 90 degrees. Push back to start.

NOW TRY: PUSH-UP

Get in plank position with your feet together. Lower down toward the floor (as in the knee push-up, but with your legs extended). Push back to start. Too hard? Spread your feet about six inches apart.

START WITH: STATIONARY LUNGE

Take a big step back with your left foot. Lower yourself until your right knee is bent 90 degrees, then push back up. Repeat on the other leg.

MOVE ON TO: STRAIGHT-LEG LUNGE

Stand with your feet wider than shoulder-width apart. Step back with your left foot. Sink down, keeping your left leg straight. Push back up.

NOW TRY: SINGLE-LEG SQUAT

Position your hands behind your head. Lift your right foot behind you and bend your right knee. Lean forward slightly and lower yourself toward the floor. Press back up. Repeat on the other leg. (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

VITALSTATS

14.5

THE NUMBER OF YEARS SMOKING TAKES OFF A WOMAN'S LIFE EXPECTANCY, SAYS THE AMERICAN COLLEGE OF OBSTETRICIANS AND GYNECOLOGISTS.



Pam Peeke, chief medical correspondent for Discovery Health TV, and her Marine buddies have just four weeks to get people ready for their second chance at survival.

Dead Right — Exercise Matters

The 'Could You Survive?' host tells why crises can be so motivational

Not being able to squeeze into a pair of jeans is annoying. Being dead is way worse. That's the idea behind "Could You Survive?" (debuts Thursday at 9 p.m. on Discovery Health), a program that puts out-of-shape folks in disaster scenarios — earthquakes, car accidents, burning buildings — to show them that their habits have potentially fatal consequences. Then physician/nutrition expert/superwoman Pam Peeke, author of "Fit to Live," and her team of gruff Marine Corps trainers spring into action, teaching participants diet and fitness fixes. A month later, the participants get something they never would in the real world: a second chance.

Why is this more motivating than appearance or health?

Everyone wants to live. The frosting on the cake is really when we bring in other people. What if you were trying to save the life of a loved one and because you didn't have what it took, you couldn't? In the

burning building episode, Dennis couldn't reach the top of the building. He looked up, his face covered in sweat, and he said, "If I were with my family right now, I'd have to say, 'Go on without me.'" It was a huge wake-up call.

How important is the mental aspect of all this?

It's huge. People often have that early confidence, but after the fourth flight of stairs, they give up. But when you practice and work hard like the people on the show, now they have confidence that's based on experience.

Are certain crises more motivating than others?

It didn't matter which crisis, but when we gave them a dummy and told them to try to save that person, all the people looked at that dummy and saw a loved one. If they couldn't go fast enough, they felt they were responsible for that person's death.

How do you get such incredible results so quickly?

We're the survival dream team, the Marines and I. They customized the exercise templates to strengthen the muscles they'd need for the task.

But you'll see everyone running and building strength. I do the nutrition — a lot of people have no clue how to eat breakfast. They gave me four weeks, but there wasn't a single participant who didn't go through significant changes. It doesn't take nine years to turn it around. They

“D.C. has a big 'X' on it. It's not exactly Boise, Idaho. If you had to run for your life, could you?”

didn't need to live in a gym all day. Every person continued to go to work. I don't take people out of their native habitats. They lived in their own houses, went through the same stresses and pressures, and never missed a beat.

Is there any way viewers can get this experience at home?

On the site [Health.discovery.com], you're going to find an entire list of assessments to figure out if you're fit enough to survive. Fake it like you fell down. Ask yourself how you'd get up if you couldn't dawdle. The

grand majority of people don't realize it's a push-up. Do a simple push-up. See how it feels. You're engaging five big muscles to do this. Try to hoist yourself out of a chair, and cross your arms directly in front of you. Can you do eight of those in 30 seconds? The grand majority of Americans would be happy to walk a mile in a year. See how long it would take to briskly walk a mile. People fool themselves thinking they're fine, but after a quarter-mile, they think, "I have to do three more of these?"

For readers in the D.C. area, any specific crises to prepare for?

I don't want to sound like Little Miss Disaster, but D.C. has a big "X" on it. It's not exactly Boise, Idaho. If you had to run for your life, could you? And it's not just life and death. I'm always running with my rolly [bag] behind me in Union Station. What if missing that train meant you lost your job?

In real life, wouldn't adrenaline kick in and help you make it?

When you activate it, yeah, it'll take you to higher levels. But people overestimate that strength. People think their adrenaline will take them where they need to go, but it burns out, and then you're on your OWN. VICKY HALLETT (EXPRESS)



Monthly Question Marks

Find out whether you need help in this period piece

1 Every so often, I don't get my period — and I'm not pregnant. Is that normal?

"Many women skip at least one period a year," says Mary Jane Minkin, clinical professor of obstetrics and gynecology at Yale University School of Medicine. "It just means you didn't ovulate that month." The likeliest reason: stress, which can interfere with the release of hormones that trigger ovulation.

But if you don't get your period between now and spring break — and you're definitely not knocked up — see your doctor, Minkin says. "Conditions like polycystic ovarian syndrome [a hormone imbalance marked by the overproduction of testosterone] or a thyroid disorder can interrupt ovulation." If you're trying to get pregnant, your doc can give you a drug that will stimulate your ovaries.

2 I always get diarrhea right before my period. Am I normal?

Ah, the other flow. As common as it is gross, premenstrual diarrhea can be blamed on prostaglandin, a chemical released during your period. "It contracts the walls of your uterus [that explains the cramps] as well as your intestines," Minkin says. "Some people make more prostaglandin, while others are

just more sensitive to it." But there is a cure: Pop a couple of ibuprofen a day or two before your period starts. "The drug interferes with the body's production of the chemical," Minkin says.

3 Some days, my flow is so heavy that I bleed through a tampon — and my jeans. Am I normal?

If you witness a scene straight out of "CSI" once a year or so, it's nothing to worry about, Minkin says. But if it's happening several months in a row, a 10-gallon flow could be a sign of endometriosis (when the uterine lining grows out into the pelvic cavity) or fibroids, muscular tumors that grow on the walls of the uterus. Both conditions can cause infertility if left untreated, so have your ob-gyn check it out. She'll likely order an ultrasound, plus a blood test to be sure you're not at risk for anemia. Birth control pills can offer relief, but in severe cases, your doc may prescribe surgery to alter the lining of the uterus or to cut off blood flow to tumors.

4 I spot between periods. Is this normal?

Analyze the spotting. We're not talking a Rorschach test — just note when and how much you're bleeding. "Normal spotting occurs mid-cycle and lasts for about a day," says Loren Frankel, of Palmetto Women's Health in Mount Pleasant, S.C. But if you're essentially getting a second period every month or if the bleeding comes with severe cramps, you could have ovarian cysts. An ultrasound can help your doctor diagnose the problem. Cysts often go away on their own, but in some cases surgery is required to remove them. (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

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